

NERANG PHYSIOTHERAPY

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August
2017

The **difference** is obvious

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FROZEN HOT

A lady I was treating many years ago came in for her next treatment and said she lay on her heating blanket the whole night in the previous week and could not move the next day, she was literally 'frozen hot'.

Why did this happen?

The reason for this was the amount of time she spent on the heating blanket. All the time she was on it the body was warming up, and the blood vessels were dilating. This generalised effect had slowed the rate of blood flow so much her muscles could not function at all.

Her soft tissues had tightened up so much she was rendered immobile. It took her a long time to be able to move as the body temperature returned to normal.

The lesson here? Be careful of using too much heat when you are in pain. Smaller doses always work best and can avoid this happening to you. Try 1 minute of heat every 5 minutes for better and safer results.



Lower back pain

I have decided to re-visit this subject as it is definitely the most common ailment treated by Physiotherapists world-wide.

It has been said that 80% of the western public have experienced back pain and 80% of the other 20% will at some stage have back pain. These are staggering figures and begs the question, "Why is it in the west and not in Africa or the East?"

Well the main difference is the way of life. Both in Africa and Asia the natural inhabitants make use of the chair a lot less than we do. They either squat or sit on the floor, enabling them to use much more range of motion in the back than we do.

Also by squatting or sitting there will be the tendency not to do it

GENERAL NEWS

Wow, what a winter we are having, 30 degrees in the day and 16 at night? Unheard of. Be sure to wrap up when it gets cooler at night to prevent colds and flu and gastro which often come about from exposure to sudden drops in temperature.

for so long as it can become uncomfortable. In the west the comfort of the chair allows us to stay in a fixed sitting position for long periods without moving.

This leads to our soft tissues adapting to the sitting position and causing tightness to set in in the hips and legs. This lack of flexibility starts to affect the lower back eventually and this leads to lower back issues.

This is a major problem in our society and it starts from an early age where we are in school with no-one to teach us how to sit optimally in a chair.

Lower back issues can mostly be avoided by good early education, quality mobility exercises and less sitting. Regular assessments can also prevent pain if weakness is found early enough.

When was your last check-up with your Physiotherapist?

EXERCISE OF THE MONTH:

NECK STRETCHES

One of the biggest causes of shoulder issues is a lack of flexibility in the neck, and the most common area of stiffness is the side of the neck.

Unfortunately it is the area that we use least as far as movement is concerned. We nod and shake our heads but very seldom bend it sideways, ear to shoulder.

Problem is it is this area of tightness that has a direct link to the shoulder and if the side of the neck gets tight, it tends to drag the shoulder up towards the neck.

This results in deactivating some shoulder muscles leading to muscular imbalance. Because of this other shoulder muscles have to compensate and this eventually leads to stiffness and pain in the shoulder and in more chronic cases, rotator cuff issues.

So to try and prevent this happening we need to stretch the sides of the neck regularly to ensure they do not tighten.

This can be done by letting the head drop to one side at the same time as you gently push the hand of the opposite side towards the ground to produce a stretch of the neck. Gently use the other hand to pull your head over further but ONLY to the 1st sign of stretch. Hold till the stretch feeling eases and repeat on the other side.

Do this at least once a day.



BRAIN TEASER OF THE MONTH

You are trapped in a room with two doors. One leads to certain death and the other leads to freedom. You don't know which is which.

There are two robots guarding the doors. They will let you choose one door but upon doing so you must go through it.

You can, however, ask one robot one question. The problem is one robot always tells the truth, the other always lies and you don't know which is which.

Have a laugh



Tip of the month:

“Do the sing-elet!” One of the biggest mistakes made in climates like we have here is not having enough layers of clothes on to protect against sudden cold temperatures, whether these be natural or man-made (air-conditioning). One easy way to ensure we don't get caught out is to wear a singlet (vest). This gives a second layer of insulation beneath the shirt and can prevent over-cooling of the skin which can result in gastro-enteritis, colds and flu. So get you and especially your kids “Doin’ the sing-elet” and stay healthy.

Myo-Golf

Are you pulling your hair out trying to get your golf swing correct. Or is your golf professional pulling his hair out?

Did you know many golf swing faults are nothing to do with the mechanics of the swing but your body's inability to perform the swing?

The golf swing is all about the hips, as this is where the movement and the power originates. Any fault in the hips, be it weakness or stiffness can result in poor swing mechanics.

If you want to put yards on your drive or improve your consistency, the first place to look is Myo-golf. This unique way of looking at the body and how it can perform the golf swing is the first of its kind in Australia.

Assessment includes flexibility tests, strength tests and tests of the nervous system that controls blood flow to your muscles giving them both strength and flexibility.

Many professional golfers suffer similar problems but most emphasis gets put on the technique and not the body. Spending every day in the gym is not the answer to strengthening muscles that are not being allowed to work.

Correct analysis of the causes of weakness and stiffness are available at Nerang Physiotherapy now.

Answer:
Ask one robot what the other robot would say, if it was asked which door was safe. Then go through the other door.