

NERANG PHYSIOTHERAPY

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The difference is obvious

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Manual Lymphatic Drainage Technique

This technique delivered by Claire, our Massage Therapist consists of rhythmic, slow manoeuvres. It is a manipulation of the lymph that needs to be applied with the correct pressure over the trajectory of the lymphatic vessels and compression at the region of the lymph nodes.

Lymph congestion can arise from restricted haemodynamics due to:

- Tissue injuries
- Overexposure to adverse chemicals
- Food allergies
- Lack of physical movement/exercise
- Stress
- Tight-fitting clothing

Properly administered MLDT's has been shown to aid transport of lymph from the extremities. This drainage can assist in the following conditions:

- Chronic sinusitis
- Heart disease
- Eczema
- Chronic fatigue
- MS
- Oedema
- Inflammation
- High blood pressure
- Puffy eyes
- Low back pain
- Mastectomy

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EXERCISE-FREE PHYSIOTHERAPY

It is very typical these days to get asked the question from patients, "What exercises can I do to fix my problem?"

This seems to be a common misunderstanding and is probably been emphasised by Physiotherapy becoming very exercise-oriented rather than hands-on. Having taught soft tissue techniques in the UK and Australia I have come to realise that Physiotherapy has become very much hands-OFF!

This is such a pity and all patients are getting is a machine placed on them and a list of exercises to TREAT a condition.

Now when I look at nature I see animals that are injured instinctively resting NOT running around. This is so the body can rest and focus all the attention on recovery.

News update

The feedback about our new Massage Therapist, Claire has been overwhelmingly positive. She has an amazing technique and will compliment our Physiotherapy very well. For one of the best massages you can get give us a call now.

If we start pushing the body too early in a treatment programme we are forcing the body to do things it does not want to do naturally. This could lead to more stress and more pain.

On occasions exercise may force the body to compensate and this may ease some pain but all it is doing is putting the stress somewhere else, often leading to secondary problems developing down the line. But because pain eases we think we are getting better!

At Nerang Physiotherapy we are mindful of the body's need to rest when it is not functioning well and we limit exercises in the early phases of treatment until we see that baseline strength and flexibility is normal, then and only then do we introduce exercise - if it is necessary.

This prevents possible secondary problems and allows for a more complete recovery and a pain-free conclusion. So don't fall for the 'exercise will FIX you' routine, get some hands-on treatment for better results, then exercise will be more effective to MAINTAIN.

EXERCISE OF THE MONTH:

Computer neck

Many of us spend too much time at the computer and on other hand-held devices and this is causing neck postures to alter for the worse.

To help prevent bad 'chin-up' postures with slumping shoulders do the following regularly.

Shoulder blade squeeze: Do this sitting or standing, drop the shoulder blades slightly and then squeeze them together ensuring you don't lift your shoulders up. Hold for 7 seconds then release. Repeat 5 times several times while on the computer.

Chin tuck:

In a sitting position, tuck your chin into your chest so that it is angled down and backwards. You will feel the back of your neck lengthen forcing you to look up at things rather than look down. Notice also how your chest rises and your back straightens.

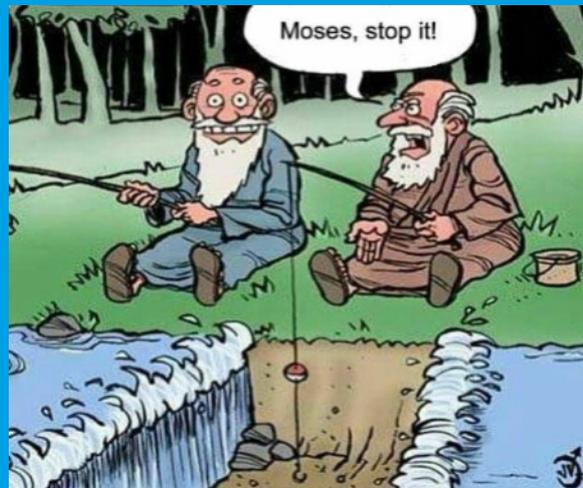
This one simple move can alter the entire body's posture not just that of the neck. Hold your chin in for 7 seconds then release, but don't go back to the chin up posture, try and remain a bit more towards the chin in posture. Repeat this several times a day.



BRAIN TEASER OF THE MONTH

A woman is walking down a street night at a constant pace. As she passes the street light, she notices that her shadow becomes longer. Does the top of her shadow move faster, slower or the same when the shadow is longer as when it is shorter?

Have a laugh



Tips of the month

By eating locally, we could cut our carbon footprint (no long-haul trucking or air travel required), potentially support sustainable growing practices, and help out our own farming community. On a more basic level, food simply tastes better freshly picked.

Paper towels cause waste -- even if you stick to the recycled brands. Microfibre towels grip dirt and dust like a magnet and don't let go. After use, toss the towels into the laundry and reuse over and over.

Healthy living column

10 Thoughts on Success

1. Just as a seed contains all it needs to sprout, so are you already equipped to thrive.
2. You can't grow without pushing your limits.
3. See your mistakes not as personal flaws, but as the source of your most valuable life lessons.
4. Think of money as energy; use it to empower, not control, your life.
5. Every moment of suffering brings an opportunity to build resilience.
6. With each challenge comes new growth. Engage in rewarding efforts.
7. Missteps are part of any process. Stay focused on where you're headed.
8. Find your direction in life by looking where you want to go, not where you don't.
9. Know your worth -- and accept nothing less.
10. Make this the day you stop dreaming and start doing.

This point maintains a constant speed, independent of the length of the shadow

Answer: