

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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Dizziness/Vertigo

These conditions are quite common and can have varying causes from inner ear infection to jaw dysfunction to tight neck soft tissues.

More commonly the cause is tight neck soft tissues. Many things on a daily basis can result in tight necks, whether it be computer use, driving, trauma or surgery.

Often there is a background of poor blood flow through to the neck and head area which results in tightness developing and a combination of the poor blood flow control and tight soft tissues further alters blood flow and can result in congestion.

When we change positions, say from lying to sitting, the blood does not reach the brain quickly enough resulting in a dizzy spell.

Sometimes the vertigo/dizziness can come from neck movements, often tilting the head back or turning. Treating the neck soft tissues and improving control of blood flow can diminish or even eliminate the vertigo/dizziness and restore normal function.

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Grinding teeth? Why?

In my practice I see quite a few people suffering from teeth grinding and jaw issues. A question I often get asked is why do some people grind their teeth?

It is interesting also that a lot of the grinding takes place at night when we are sleeping, thus in an unconscious state. Why would this be?

Well I have a theory...In a way it is much like irritable leg syndrome, which also usually happens at night. Most of the people I treat for grinding don't have any particular incident that started the whole process off.

What I do find common in ALL of the cases is a reduction in the blood flow rate to the upper body and head. Now when we have slower blood flow rate, the oxygen levels will drop and the body will do what it can to improve this. In the case of irritable leg syndrome it causes sensations

that make us want to move the legs. Movement results in improved blood flow as the muscles act as pumps to get the blood moving. SO by moving we improve the blood flow and thus ease the symptoms.

I believe this may be similar with grinding and why it commonly happens at night. When we sleep the blood flow rate drops to resting levels under normal circumstances. If the nervous system that controls blood flow rate is under-functioning then this rate drops below resting levels.

This will thus reduce blood and oxygen to the head/neck/brain area and one way to improve this is to tense the muscles of the jaw and move them. Unfortunately these muscles close the jaw and cause the grinding which can lead to damaged teeth and strained jaw joints.

Hence I will always assess for this blood flow control and correct it to establish a foundation for repair and prevention.

News

We would like to apologise for the lateness of this newsletter. Peter had to make an urgent overseas trip to see his Mother who was unwell back in South Africa. We will get back to normal delivery as soon as possible. In the meantime please enjoy the read.

EXERCISE OF THE MONTH:

Lumbar stretch

Over 85% of the western population suffer from lower back pain and one of the common culprits is the Psoas muscle. This runs from the front sides of the lumbar spine to the front of the large leg bone (femur).

It gets tight due to assuming the sitting position often as we grow. The tighter it gets the more the lumbar curve increases.

To help stretch this muscle and the soft tissue related to it do the following.

Lie face down on the floor or a firm bed and forehead on crossed hands, elbows out. Slowly lift yourself up on your elbows keeping your forearms on the floor/bed.

Stop where you feel the first sense of stretch and hold until this feeling eases. Do this at least once a day.

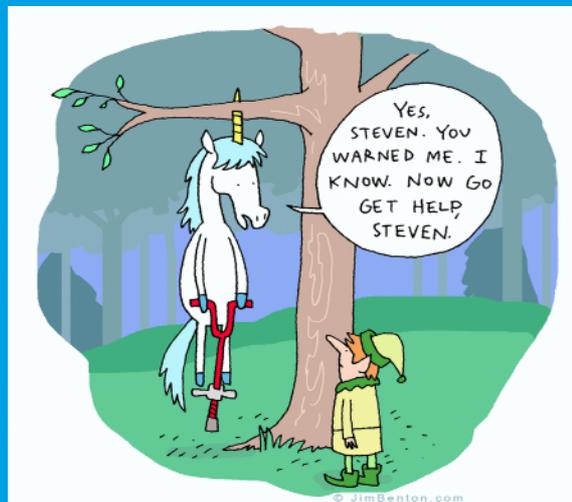
As we have mentioned on the front page of this newsletter, stretching will help maintain this range of motion. If you feel you are unable to get any good movement then give us a call and we can work to increase the natural range with Myofascial release massage and you can then have more to maintain with your stretch.



BRAIN TEASER OF THE MONTH

My buddies and I were inseparable mates
Til one by one were we split
My teacher, she gave me a smack on the pate
And off in the corner I sit
Admittedly still I'm not hitting the books
Though now I'm hugging a tree
I guess in the end it's not bad as it looks
I went from a C to a B. What am I?

Have a laugh



Tip of the month: Sugar

Did you know there is as much sugar in a glass of fruit juice as there is in a glass of coke? Most fruit juices have added sugar in them, in fact one product of Pineapple juice has 53 teaspoons of **ADDED** sugar in a 1.5 l bottle. That is above the fructose that is already in the juice, which the body cannot use as a source of energy. Sugar is one of the biggest causes of many common illnesses and when we think we are drinking something healthy and are getting that much sugar, it certainly makes one think!

Healthy living column Health tips:

Acidity

One of the major causes of disease in the body these days is acidity. This means we are often in an acidic state where the cells of the body are trapping acid in them and are unable to function correctly.

Acidity is commonly caused by a poor western diet of high sugars and other carbohydrates and many acid-forming foods such as red meats and processed foods.

Acid is produced when the body cells ferment sugars thus decreasing the alkaline state of the body and the pH decreases. Many products that advertise being of a high pH are actually acidic. High pH does not mean high alkalinity.

To see if you are acidic or alkaline, try purchasing some pH strips and measure your pH. If you find you are more acidic then this will need to be adjusted through both diet changes, i.e. less acid forming foods and taking a pharmaceutical grade Sodium Bicarbonate such as Safe Soda (soon to be sold at Nerang Physiotherapy).