

# NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

Aug  
2020

## Groin pain

A common misconception about groin pain is that it originates in the groin. As much as some of it may, this is a very small percentage.

Yes there may be evidence of tendonitis and small tears in the groin, but this is usually due to excessive strain in the area because it is compensating for weakness in other hip muscles.

The most common cause of groin pain originates with the hip abductors. These are the muscles on the outside of the hip that stabilise you when you walk or lift your leg sideways.

When these become weak the adductors (groin muscles) have to work harder to stabilise the pelvis, thus becoming over-worked, tight and painful. Some pain in the groin can be referred from a deeper hip muscle called the Piriformis.

Damage to the groin muscles is the end result but NOT the cause, and if left untreated, the hip abductors will cause a similar pattern again at a later stage.

8/5-7 Lavelle Street, Nerang, Queensland, 4211

Tel: 07 5596 4711 | Web: [www.nerangphysio.com](http://www.nerangphysio.com)

Email: [nerangphysiotherapy@onthenet.com.au](mailto:nerangphysiotherapy@onthenet.com.au)



## News

Apologies for the lateness of this newsletter, we moved house at the beginning of the month and have not had much spare time at all. We will pick up the pace a bit now and have the September newsletter out soon. Happy Spring.

## TREATING WRIST PAIN FROM THE HIP

Occasionally we have to look much further than just the area of pain to be able to get complete results.

An example of this comes from past experience where a patient with wrist pain had no history of wrist injury. She worked at a desk but did not use the computer a lot. There was no other sign of local overuse.

Investigating this led into a series of muscle tests resulting in the discovery of hip muscle weakness on the same side as the wrist pain.

When this was found, the patient remembered having a history of lower back pain, commonly caused by weak hip muscles. Further investigation showed weakness of the same shoulder muscles, elbow muscles and wrist muscles.

So what is the link here? Well, the pelvis is connected to the shoulder via muscles and soft tissues, and any imbalance in the pelvis or hip muscles can affect the shoulder strength.

Weakness in the shoulder results in overuse of neck and arm muscles to compensate for the weakness, and this can cause tightness and weakness in these areas.

The further the problem continues the further down the arm one has to compensate, until the forearm muscles become overused and the wrist becomes the victim of this change.

So it is important to see that just isolating treatment to the pain area can lead to the real cause being ignored and complications further down the line.

At Nerang Physiotherapy we are renown for looking beyond the obvious and seeking out the TRUE cause of your pain and dysfunction.

## EXERCISE OF THE MONTH:

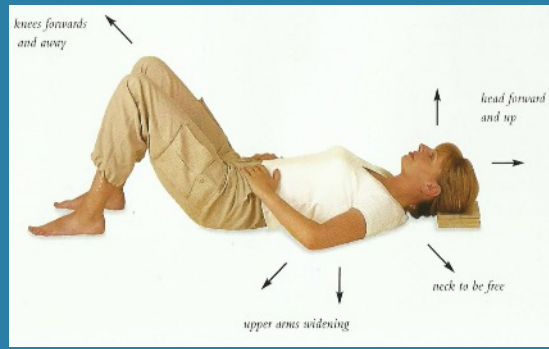
### Semi-Supine

Standing and sitting for long periods compresses the spine. Lying down in a semi-supine position is a way of alleviating unnecessary tension in the muscles and joints and should be done every day for at least 20 minutes.

It also encourages a better awareness of the head, neck, back relationship. Position yourself as in the diagram, preferably on a firm surface like the floor or firm bed. Use a few small, soft covered books under your head to align your neck. This must not irritate your muscles at all, but just feel like there is mild tension in the back of the neck.

While in this position focus on any particular areas that you feel are tight without trying to correct the tension, just allow your mind to focus on these and your body will do the rest.

Ensure to keep the knees parallel and not let them move out or in as this will alter the alignment of the back. Relax and enjoy.



## BRAIN TEASER OF THE MONTH

After a long night of partying, a woman arrives home only to find that she cannot enter the house. She's certain that she's at the right home but the door knobs will not turn and she cannot get inside. What happened? (Answer below)

### Have a laugh



### Tip of the month

An increasing number of people are complaining of neck and shoulder tension, wrist problems and back pain from their working environment. Your office or work chair should be tilted slightly forward and adjusted so that your feet are flat on the floor. Your upper arms should be widening away from each other and your forearms should be positioned horizontally. Remember, comfortable and supportive chairs can NEVER compensate for poor posture! It is also important to remember not to over-reach when you need to get something on a different part of your desk or in a drawer.

**Be dynamic in a chair, avoid the back-rest and let your body be in control.**

## Healthy living column Health tips:

- Meat can be a nutritious and healthy part of your diet. It's very high in protein and contains various important nutrients. However, problems occur when meat is overcooked or burnt. This can lead to the formation of harmful compounds that raise your risk of cancer
- When you're exposed to bright lights in the evening, it may disrupt your production of the sleep hormone melatonin. One strategy is to use a pair of amber-tinted glasses that block blue light from entering your eyes in the evening.
- Sunlight is a great source of vitamin D. Yet, most people don't get enough sun exposure. If you're unable to get adequate sun exposure, vitamin D3 supplements are a good alternative. Take these with Calcium for better Calcium absorption.