

NERANG PHYSIOTHERAPY

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The difference is obvious

Dec
2017

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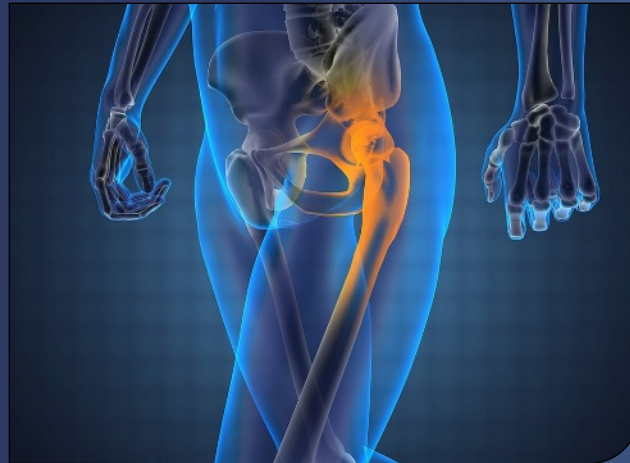
Your pain and you

Some of the most common comments made by patients include, "I did not do anything to cause my pain..." or "I just woke up one morning with pain..." or "I don't remember doing anything to cause it...".

We all know the pain that comes with trauma, we get a kick to the shin, stub our toes, get tackled in rugby, etc. but what about those pains that appear as if out of the blue with no obvious cause? Where does this begin?

My experience in the last 2 decades has resulted in a proposed chain of events that lead to the most common of pains that we experience. This chain of events occurs mostly without our knowledge and only becomes evident when pain strikes.

The problem is that when the pain does strike we are led to believe that THAT is when the problem began, however, in the majority of cases the problem started many days, weeks, months or even years before.



Even injuries like muscle strains are perceived to be an acute injury with no history yet when we assess the mechanical picture we see that the injury is often at the end of a chain of asymptomatic events that has been ongoing for a lot longer.

So what is this chain of events? In a nutshell the starting point is not even mechanical but functional. The dysfunction begins in the Sympathetic Nervous System (SNS) that controls the blood flow around the body. During any form of stress large or small, a one-off or accumulation of smaller stresses, this nervous system becomes stressed having to increase the blood flow rate to meet the demand.

This demand could be physical, mental or emotional. No matter what the cause, the SNS will become fatigued. This results in altered blood flow rate to certain parts of the body.

When this happens our soft tissues become tight resulting in early stiffness, often worse in the morning. Most of the time we are not aware of this stiffness as subconsciously the

body can compensate with other movements to get the job done. At a later stage it may become more obvious. **Stiffness is a pre-cursor to pain.**

The next phase is weakness which occurs when the muscles receive less than optimum blood flow rate. Weakness again goes unnoticed in the early stages as other muscles compensate well to maintain good function. However it is this compensation that results in the problem spreading and overuse of muscles not designed to take that extra load for too long.

This results in more stiffness and more weakness until eventually with a lack of good flexibility and strength, soft tissues are stressed beyond their capabilities and joints are strained resulting in pain. It is not uncommon for the pain to be nowhere near the original weakness or stiffness as the body is designed to compensate and do what it can with what it's got.

Pain can be very misleading most of the time, as the saying goes, "Look for the pain and then look somewhere else for the cause."

GENERAL NEWS

Here's wishing you all a very festive holiday season with all the best things you could wish for. Enjoy family, friends and good times and if you are travelling have a safe journey. We look forward to helping you in the new year.

EXERCISE OF THE MONTH:

Myotatic crunch

Contrary to popular beliefs, sit-ups are not very effective exercises for strengthening the abdominals. The most important muscles of the abdominals, i.e. obliques and transversis are not activated much in a normal sit-up.

So for an effective, safe and fast-working abdominal exercise, try the Myotatic Crunch as follows:

Get a Swiss ball (45 - 55cm) to ensure your bum is close to the floor, no more than 6" off the ground.

1. Start with arms stretched overhead as high as possible, keeping your arms behind or next to your ears throughout the entire exercise.

2. Lower your shoulders to the count of 4 seconds until your fingers touch the floor, the entire time attempting to extend your hands further away from the ball.

3. Pause at the bottom for 2 seconds, aiming for maximum elongation.

4. Rise under control to a neutral position and hold for 2 seconds. The arms should not be above horizontal.

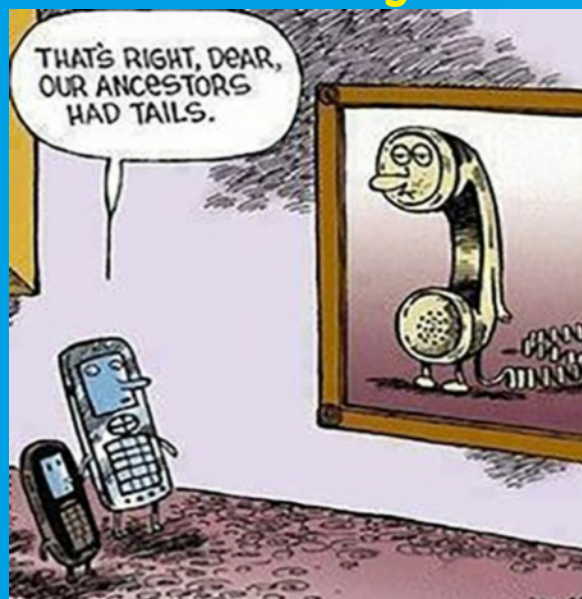
5. Repeat 10 times. Once you can repeat 10 repetitions, add weight to your hands. (If female, it is suggested no more than 20Kg of weight be used)



BRAIN TEASERS OF THE MONTH

1. A man was just doing his job when his suit was torn. Why did he die three minutes later?
2. A farmer has twenty sheep, ten pigs and ten cows. If we call the pigs cows, how many cows will he have?
3. Can a man legally marry his widow's sister in the state of California?

Have a laugh



Tip of the month:

If you are waking with neck pain and stiffness, don't go rushing off to your nearest store to buy a new pillow. Most of the pain that occurs in the morning is due to 2 common problems, namely tight neck soft tissues and poor blood flow control. Have your neck checked by your Physio before you spend unnecessary money on a new pillow.

Healthy living column

Golden Paste

Turmeric has great anti-inflammatory effects. Try this paste for great health benefits.

INGREDIENTS

- 1 cup purified water
- 1/2 cup organic turmeric powder + additional to adjust consistency
- 1/4 cup extra virgin coconut oil or other fat such as ghee or extra virgin olive oil
- 1 tsp finely ground black pepper

METHOD

Add powdered turmeric to a pan with water and reduce on low to medium-low heat until it begins to form a thick paste.

Add in ground pepper and fat of choices and combine well, adjusting the water or turmeric qualities as needed.

You may also choose to add in approximately 1-2 tablespoons of raw honey and about 1-2 teaspoons of other warming spices that pair well with turmeric such as nutmeg, curry powder, cinnamon, cardamom, or salt, if you wish.

Once your paste is the consistency you desire, store in a glass jar with tight fitting lid in the refrigerator for 1-2 months.

Dilute and consume 1-2 teaspoons of your paste a day in warm water, juices, smoothies, teas, golden milks, nut butters and snacks, stir fries, stews, dressings and other savory items.

1. He was an astronaut on a space walk, doing repairs.
2. Ten Cows. We can call the pigs cows but it doesn't make them cows.
3. NO since he is a 'widow', the guy's dead!

Answer: