

# NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

Dec  
2019

## Pain

There are generally 2 types of pain that we deal with at Nerang Physiotherapy. One is pain from strain on soft tissues and the other is pain from a lack of good oxygen supply to the soft tissues and muscles.

If things go wrong in the body be it due to physical stress or overuse or injury 2 things happen. We get stiff and we get weak. These factors cause increased physical stress on the pain-sensitive structures of the body, namely the soft tissues.

This could be in the form of muscle sheaths, ligaments or tendons, but also on joint covers called capsules. When stressed these structures which contain over 75% of the sensory nerve supply will emit signals of distress that we sense as pain. Typically this pain occurs with movements.

But what about pain that happens even at rest or in the middle of the night? This pain is mostly due to poor blood flow to certain areas due to Sympathetic nerve cell dysfunction. As blood flow rate drops below normal levels, oxygen levels drop and we are alerted to this by the pain that we feel.

We understand pain and treat both these types of pain with great success.

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)



## KISS

Keep it simple, stupid!

One of the common mistakes made in some therapies is trying to do so much in such a short period of time.

Our bodies are not able to cope with a lot of input all at one time and it finds it difficult to process all the necessary changes to make things right. So when it comes to treatment, the body responds better to less input than more.

Many Physiotherapists I have previously worked with apply so many different techniques in one session which ends up as treatment overload.

Picture yourself behind a desk and the receptionist brings in a large pile of papers to sign and thumps them on your desk. Would you feel enthused to get stuck in and sign them all straight away...I think not!

## News

Please note we will be closed the week of Christmas from the 23<sup>rd</sup> and will re-open on the 30<sup>th</sup> December. We would like to wish everyone a Merry Christmas and we look forward to assisting you in the New Year.

But what if she handed you one at a time, would you feel better about signing them all? Most likely.

So how can we expect the body is able to do a lot with so much input all at once? According to the Arndt-Schultz law: Minimal stimulation given to the body will result in maximal physiological response from the body, maximal stimulation given to the body will result in minimal physiological response.

This is a less-is-more law and this is how the body works. So using 3, 4 or 5 different techniques all in one session goes against this law and will not give us a better result.

Our principle at Nerang Physiotherapy is to use only the appropriate techniques to gain maximal response, hence not overloading the body in any way.

So KISS it better and get the results that you deserve.

## EXERCISE OF THE MONTH:

### Running

OK let's face it, running is not REALLY an exercise! It is something we do if we are being chased or if we are chasing something... like food. And how many runners do you see with a smile on their face? In fact some of them look like they are being punished!

OK joking aside, as an exercise it is not that much better than walking as has been shown with physiological studies. However, if you wish to use running as part of your fitness regimen then at least do it correctly.

Starting with shoes. Many running shoes these days are possibly harmful for our feet, knees and hips. Shoe companies have increased the inside arch support in shoes as they have been told 'most people over-pronate'. Personally I find this to be untrue and I have ripped many of these out of shoes and improved lower limb function.

Ensure your shoes are only there to protect your foot, not to support it overly as this will diminish your foot's joints' ability to move which is what they are designed to do. Don't tie them too tight and massage them to soften them up before you start running.

Oh, and smile if you can...



## BRAIN TEASER OF THE MONTH

1. A family has a chicken coop containing one dozen egg producing hens. One night, a terrible storm came and killed all but eight chickens. How many chickens did the family have in the morning?
2. Three men enter a room but only two walk out. The room is empty. Where is the third man?  
(Answers below)

### Have a laugh



### Tip of the month:



Just 15 minutes of walking a day can change your body. When you do walk ensure you take the longest stride you can and use that to control your pace. Fast walking shortens the stride and reduces quality movement. Add a small hill or 2 if you like to affect your cardio-respiratory system. But most of all put a smile on your face and enjoy it.

## Healthy living column

### Health tips:

#### Side sleeping

This is why you should never sleep on your right side:

1. Improved lymph drainage, as most lymph is drained along the left side of the body
2. Better for your heart, as it is easier for your heart to pump blood as the main artery bends to the left
3. Helps with digestion, stomach acids can't flow into the oesophagus as it enters the right side of the stomach, so this can help prevent acid reflux
4. Anatomical peculiarities, the stomach and pancreas are located on the left side so when lying on the right side the stomach may press against the pancreas, affecting its function
5. Relief for the spleen, waste materials transported to the spleen on the left side can be expelled faster.

So sleep on your back or on your left side for a healthier you.

Answer:  
1. The family still had 12 chickens: 4 dead ones and 8 alive!  
2. The third man is in a wheelchair so he rolls out of the room instead of walking out.