

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Muscle fatigue or nerve cell fatigue?

Many people complain of muscle fatigue and wonder what can be done about it. Commonly muscle fatigue is looked at as a muscle problem and patients are often prescribed exercises to increase muscle strength in an attempt to reduce fatigue.

In my experience over the past 26 years in practice, I have discovered that muscle fatigue is more of an alarm bell than a muscle fault. Having worked with the Sympathetic nervous system that controls blood flow rate, I have realised that the muscles are telling us more that the nerve cells controlling blood flow rate via the blood vessels are actually fatigued.

This fatigue is a major pre-cursor to many forms of dysfunction and pain and instead of trying to get the muscles less fatigued through training, all we have to do is improve the function of the nerve cells which will then improve blood flow rate to the muscles and this will reduce muscle fatigue. This is achieved with a unique treatment we call Myo-flow available only at Nerang Physiotherapy.

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## ROME WASN'T BUILT IN A DAY

As the heading says it takes time to achieve a result that will have a major impact on our lives.

This is also the case with restoring normal pain-free function to the body especially if the condition is chronic. Too many people are searching for the silver bullet, where everything will be fixed ASAP with one special treatment.

Unfortunately the truth is very different. The body is a very special organism and it is designed to survive. What it does NOT do is pack up at the drop of a hat.

Under stressful circumstances be it physical or mental, the body will persevere with whatever tools it has to keep going forward and stay as balanced as possible. However, the body does have limits and when it reaches these limits, we will experience pain.

Most pain that occurs without a traumatic incident being the cause

come about due to this process of perseverance. There is an original stressor which gets the ball rolling and then the body switches into defence mode and will try and work through the problem where possible.

It could take many days, months even years before the body runs out of options and only then does pain become part of the problem. This alarm is telling us only one thing, there is a problem. It does not tell us where it is as many pains are in areas where we are compensating for the original imbalance, or why it is there, or what the cause is.

So this is when the investigation begins with assessing the various aspects of the body, for example strength and flexibility to ascertain where things are going wrong.

All of this takes time. Restoring normal function is not a quick fix. It takes time and commitment on everybody's part, especially when dealing with a chronic condition. At Nerang Physiotherapy we commit ourselves to getting things back to normal in the necessary time-frame.

## News

Welcome to the February 2019 newsletter. We hope you all had a good summer break and are re-freshed and ready to tackle the new year. If you are in need of our services, please don't hesitate to call, we would like to help.

## EXERCISE OF THE MONTH:

### Under air bench

Stand against a wall with your hips, back and shoulders pressing the wall. Place feet shoulder width apart in front of the wall.

Make sure the feet are far enough away from the wall so that when you bend your knees they are above your ankles, not the toes.

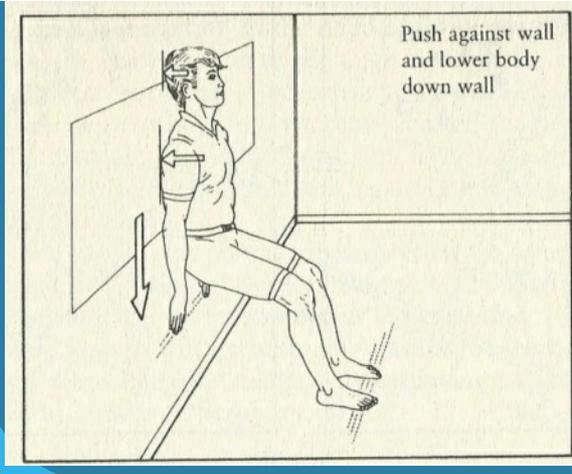
Bend the knees and lower the body down the wall. Push against your wall with your entire back and shoulders (including the lower back) to feel your thighs working.

The strain should be felt equally in both left and right thighs. If you have pain in the knee caps, slide a bit higher up the wall.

Do not bend the knees less than 90 degrees. Check to make sure your feet stay straight and your knees are in line with your feet rather than flaring in or out.

Breathe! Hold this position for 1 to 3 minutes. To come out of this position, use your hands to push off the wall, and then walk around for a minute.

Do this once a day to help with lower back posture and pain.



## BRAIN TEASER OF THE MONTH

A woman had a pet gold fish which she loved very dearly. One day she noticed it was swimming feebly in its bowl and looked very unwell. She rushed it to the vet and he told her to come back in an hour. When she returned the gold fish was swimming strongly and looked healthy. How did he manage this? (Answer below)

### Have a laugh

You: Teacher!  
Teacher: Yes?  
You: Would You Punish Me For Something I Didn't Do?  
Teacher: Of Course Not.  
You: I Didn't Do My Homework.



### Tip of the month

Are you training for a marathon or another endurance activity? Did you know you could possibly train a lot less and achieve better results? By allowing your body to recover fully from a training session you can increase your distance or workload each time you train. It has been shown scientifically that the body requires 48 to recover from an training session, which includes the immune system. Training every 48 hours results in full recovery, less injuries during training and often better results. Less IS more! Train hard, rest even harder.

## Healthy living column

### Health tips:

- Don't drink sugar calories; sugary drinks are the most fattening and this includes fruit juices!
- Eat nuts; Despite being high in fat, nuts are incredibly nutritious and healthy and could help weight loss, diabetes and heart disease
- Avoid processed junk food; These are the biggest reason the world is fatter and sicker than ever before. They are engineered to be 'hyper-rewarding' tricking our brain into wanting more.
- Don't fear coffee; Coffee is high in antioxidants and studies show coffee drinkers live longer, have reduced diabetes, Parkinson's, Alzheimer's and many other diseases.
- Eat fatty fish; These are loaded with omega-3 fatty acids and various other nutrients.
- Get enough sleep
- Drink enough water
- Take care of your gut
- Eat vegetables and fruits.

The vet could see the gold fish was dying so when the lady was out, he found a young and identical gold fish and put this in the bowl and got rid of the old one.

Answer: