

# NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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## Raynaud's disease

Raynaud's disease is a condition in which the fingers become cold or white and frequently cracked in the winter time. A certain number of patients with this condition will not respond to medicines which relax smooth muscles. Neither will the patients respond when the trunk of the body is warmed, because such warming further reduces the smooth muscles' tone and causes additional pooling of blood in that area.

Instead, we need to relax the smooth muscle fibres in the arterioles at the patient's fingertips, where we are attempting to increase the blood flow. These individuals respond well to cold applied to the spinal muscles so that more blood goes to the extremities.

This treatment we call Myo-flow effectively increases the control of the blood flow and can reduce the symptoms of Raynaud's. Myo-flow is exclusive to Nerang Physiotherapy.

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)



## THE PROS AND CONS OF RUNNING

One exercise that many people enjoy doing is running. But is this good for everyone? The answer is NO.

Running like many other exercises has its pros and cons. To get the best out of running we need to attempt to eliminate the cons as much as possible. Apart from this the other thing to take into account is the amount of running as in all exercises.

My guideline is no more than 3 sessions of exercise a week, giving a 48 hour gap in between each session to allow for full recovery.

So the pros of running are as such: Running is good for the cardio-vascular system, helping us gain fitness and better blood flow and lung capacity.

Running also helps to build muscle strength, especially those of the legs.

## News

Summer is coming to an end so ensure with the cooler months ahead that you stay warm as it is easier to cool down than warm up. Make sure your kids have that extra layer on as they can suffer exposure a lot quicker.

Unfortunately the pros also come with cons. One of the most common problem with running is the strain on the joints. Even though our joints don't directly take the load, this is taken by the soft tissues, the joints can become damaged depending on the amount of running done.

Running also affects the joints in another way. When you run the knees, hips and elbows do not move through a very large range of motion and the more you run the tighter the tissues across these joints become.

This can lead to injuries to the hips, hamstrings and elbows. These happen slowly so by the time any pain starts, it could take a while to treat.

So if you want to run it is advised that you stretch regularly, especially the hamstrings, hip flexors and elbows, run no more than 3 times a week and put a smile on your face...you are supposed to be enjoying it :-)

## EXERCISE OF THE MONTH:

### Hip & Knee

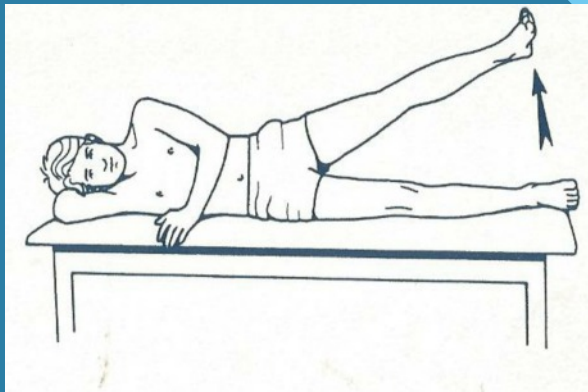
The hip muscles are the powerhouse of the body and support all other parts of the body. They stabilise the pelvis on which the body sits and from which the legs can operate.

To ensure the body can function well it is important to keep the hip muscles strong and this exercise can assist with this.

Please remember, if you do feel there is weakness in your hips or if you suffer back pain the cause of the hip weakness may not be due to a lack of exercise and you will require an assessment of the hips to find the true cause. Once this is corrected this exercise can then be used to maintain the strength.

Lying on your side, tighten the muscles on the front of the thigh, then lift your leg 8 to 10 inches away from the floor/bed. Hold for 7 seconds then release.

Repeat this 10 times and do this every other day. If there is any pain with this exercise stop and give us a call as there may be underlying issues that require correction first.



## BRAIN TEASER OF THE MONTH

**A woman has incontrovertible proof in court that her husband was murdered by her sister. Both the woman and her sister are before the Judge. The judge declares, "This is the strangest case I've ever seen. Though it's a cut-and-dried case, this woman before me cannot be punished." How can this possibly be? Answer below.**

### Have a laugh



### Tip of the month

**In our modern day of stress it has been shown that our breathing rate is much higher now than it was in the first world war and the great depression. This causes us to lose carbon dioxide at higher levels than normal and can lead to symptoms like asthma. To help this try taking 3 deep breaths in through the nose and out through the mouth, then on the last out-breath hold the breath out and wait until your body forces you to breathe in. Do this 5 times.**

## Healthy tips

### To eat less, eat more.

Grabbing a 100-calorie snack pack of cookies or pretzels may seem virtuous, but it's more likely to make you hungrier than if you ate something more substantial, says Amy Goodson, RD, dietitian for Texas Health Ben Hogan Sports Medicine. "Eating small amounts of carbohydrates does nothing but spike your blood sugar and leave you wanting more carbs." Goodson recommends choosing a protein such as peanut butter or string cheese with an apple. "They are higher in calories per serving, but the protein and fat helps you get full faster and stay full longer—and you end up eating fewer calories overall," she says.

### Skip energy drinks when tired.

Energy drinks contain up to five times more caffeine than coffee, but the boost they provide is fleeting and comes with unpleasant side effects like nervousness, irritability, and rapid heartbeat, says Goodson. Plus, energy drinks often contain high levels of taurine, a central nervous system stimulant, and upwards of 50 grams of sugar per can (that's 13 teaspoons worth!). The sweet stuff spikes blood sugar temporarily, only to crash soon after, leaving you sluggish and foggyheaded—and reaching for another energy drink.