

NERANG PHYSIOTHERAPY

Peter Mitchell

The difference is obvious

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Shoulder Bursitis

This is a very common condition these days and there are many ideas as to the cause.

One thing must be understood though and that is the bursa is not the cause of the problem but the victim.

A bursa is a sack of fluid designed to buffer a tendon or tendons to stop them rubbing on bones in the vicinity. If a bursa swells and becomes inflamed it is merely doing its job of keeping the space between bone and tendon the same.

It will only become inflamed if there is enough mechanical strain on the shoulder causing the arm bone to be pulled up closer to the joint of the scapula. This diminishes the space between arm bone and shoulder blade thus forcing the bursa to swell.

To relieve the tension on the bursa, releasing must be done to the soft tissues of all the muscles crossing over the shoulder joint, increasing the space between bony structures.

Given the space and reduced stress the bursa will naturally settle and return to normal.

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Happy 2018

We would like to wish all of you a happy 2018 full of good health, good fun and good friends. May you prosper in the year ahead and if you require our help with anything do not hesitate to call. We look forward to being here for you.

MYOFASCIAL RELEASE VS STRETCHING

One of the biggest misunderstandings regarding flexibility is that stretching can increase range of motion. However, stretching does no more than maintain what flexibility we have already.

One of the things stretching *does* often do is cause further tightness. This is mainly due to over-stretching. What we need to realise is that what we are stretching is NOT muscle tissue but the FASCIA that wraps around the muscles.

This fascia is mostly made up of in-elastic tissue and has a limit to its ability to stretch. If we over-stretch this fascia it reacts by binding up and we actually lose flexibility. Each muscle fibre is wrapped up in this fascia and thus the flexibility of the muscle depends directly on the flexibility of the fascia.

So how do we gain range of motion? Well the best way to do this is through a hands-on technique called Myofascial release massage. This technique is specifically aimed at the fascia to release the tension in it which in turn gives the muscle fibres more space in which to operate.

One of the bonuses of releasing the fascia around the muscles is that it improves muscle strength as the strength and power of a muscle is dependent on the flexibility of the sheath that covers it.

Stretching on the other hand can actually cause damage to the fascia resulting in it tightening and therefore restricting the space the muscle requires and therefore causing weakness.

So the best way to improve your flexibility is through Myofascial release massage as done at Nerang Physiotherapy and once normal range of motion is regained it can effectively be maintained through gently stretching.

EXERCISE OF THE MONTH:

Lumbar stretch

Over 85% of the western population suffer from lower back pain and one of the common culprits is the Psoas muscle. This runs from the front sides of the lumbar spine to the front of the large leg bone (femur).

It gets tight due to assuming the sitting position often as we grow. The tighter it gets the more the lumbar curve increases.

To help stretch this muscle and the soft tissue related to it do the following.

Lie face down on the floor or a firm bed and forehead on crossed hands, elbows out. Slowly lift yourself up on your elbows keeping your forearms on the floor/bed.

Stop where you feel the first sense of stretch and hold until this feeling eases. Do this at least once a day.

As we have mentioned on the front page of this newsletter, stretching will help maintain this range of motion. If you feel you are unable to get any good movement then give us a call and we can work to increase the natural range with Myofascial release massage and you can then have more to maintain with your stretch.



BRAIN TEASERS OF THE MONTH

A lift is on the ground floor. There are four people in the lift including me. When the lift reaches first floor, one person gets out and three people get in. The lift goes up to the second floor, 2 people get out 6 people get in. It then goes up to the next floor up, no-one gets out but 12 people get in. Halfway up to the next floor up the lift cable snaps, it crashes to the floor. Everyone else dies in the lift. How did I survive?

Have a laugh



Tip of the month:



Here's something different...

Healthy living column

10 cleansing foods

The most important thing for our general well-being is having a balanced and healthy diet which consists of foods that restore body balance and detoxify our tissues from the accumulated toxins. The following 10 foods will clean the body every day:

Lemons - high in vitamin C and other anti-oxidants

Tomatoes - Rich in vitamin C

Grapes - Have anti-oxidants and other nutrients that regulate cholesterol

Celery - Cleans waste materials from your body, high fibre content for a healthy gut.

Asparagus - Eliminates toxins and boosts general health

Apples - High in fibre, clear toxins and improve mental health

Pomegranate - Potent diuretic high in vitamin C

Onion - Contains anti-bacterial properties

Artichoke - Amazing for the liver and prevents fluid retention.

Parsley - for liver, kidneys and intestines. Rich in anti-oxidants.