

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Groin pain

A common misconception about groin pain is that it originates in the groin. As much as some of it may, this is a very small percentage.

Yes there may be evidence of tendonitis and small tears in the groin, but this is usually due to excessive strain in the area because it is compensating for weakness in other hip muscles.

The most common cause of groin pain originates with the hip abductors. These are the muscles on the outside of the hip that stabilise you when you walk or lift your leg sideways.

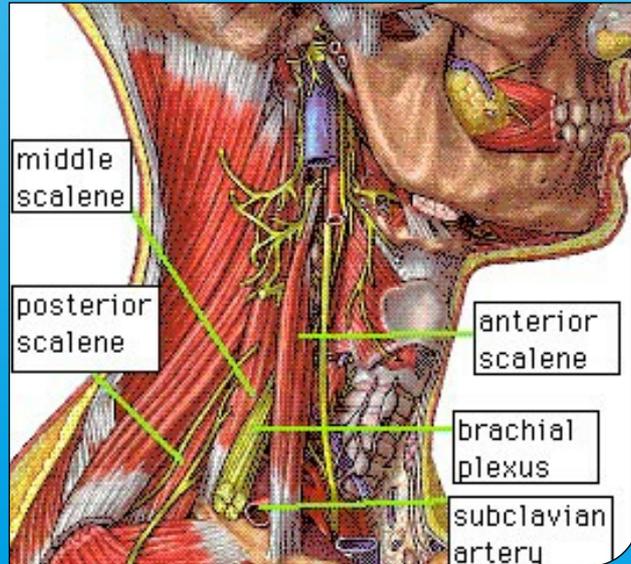
When these become weak the adductors (groin muscles) have to work harder to stabilise the pelvis, thus becoming over-worked, tight and painful. Some pain in the groin can be referred from a deeper hip muscle called the Piriformis.

Damage to the groin muscles is the end result but NOT the cause, and if left untreated, the hip abductors will cause a similar pattern again at a later stage.

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SCALENE ENTRAPMENT SYNDROME

I have decided to re-write about this condition as it is seemingly becoming very common. Also because it is often being mis-diagnosed or under-diagnosed.

I have recently seen someone with this condition whose pain registered in the elbow and down the forearm. She had had the problem for about 5 years, had many investigations and no-one could tell her what was wrong.

When I did some soft tissue work on her scalene muscles, her signs and symptoms started to change, even after just one session.

So what is this syndrome. The scalene muscles originate from the top of the neck and move forward and down to attach to the 1st and 2nd ribs, see diagram. These muscles are combined neck and breathing muscles.

They are highly susceptible to over-use in such situations as computer

use, driving, lifting regularly or even high activity sports. They are also over-worked when we are stressed as we breathe higher up in the lungs when stressed.

When the sheaths of these muscles become tight from any form of overuse, they tend to pull up on the ribs, in particular the 1st rib which has 2 of the muscles attached to it.

Unfortunately in between these two muscle attachments and lying over the rib is the main nerve and artery that supply the entire shoulder girdle and arm with nerve supply and blood. If the rib is raised, this will put pressure on the nerve and artery, incrementally closing the flow off.

This can lead to pain, pins & needles, numbness and weakness in any part of the shoulder girdle, quite commonly into the little and ring fingers.

So if you have an unsolved neck, shoulder or arm pain you may be suffering from this condition. With the correct treatment it is reversible and can be fully restored.

Salutations

To everyone we at Nerang Physiotherapy wish you a Happy New Year and we hope this year is filled with fun, smiles, good health and prosperity. We look forward to being here to help you when you need us. Have a great year.

EXERCISE OF THE MONTH:

QL Stretch

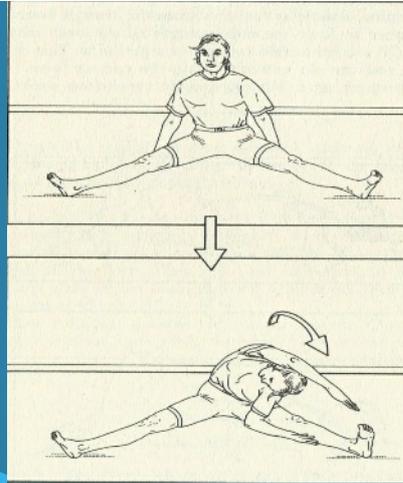
QL stands for the muscles Quadratus Lumborum. It is a muscle that attaches the lower ribs to the upper rim of the pelvis in the lower back. So essentially it is a muscle that tilts us sideways.

Sit on the floor (or if you cannot, then on the side of a bed) with your legs straight and spread apart. Make sure you are sitting straight up over the hips and not rolling backward. Flex your feet so that the knees and feet are pointing straight up.

Bend your left elbow and place it on the inside of your left leg, palm up. Slide your hand under the left calf. Extend your right arm over your right ear, bending sideways over your left leg, twisting your upper torso slightly back at the right shoulder.

Try to reach as far towards your toes as you can with your right hand. Hold this position for about 30 seconds or until it feels easier. Make sure your toes and knees are still pointing up and your thigh muscles are contracted.

Repeat this on the other side and do at least once a day. This helps lower back issues well.



BRAIN TEASER OF THE MONTH

Can you think of a way to cut a cake into eight equal pieces with only three cuts?

(See answer below)

Have a laugh



Tip of the month

A patient recently mentioned he and his entire family came down with gastro-enteritis on the weekend. They had all be in a water hole on a hot day and the water was very cold. Because the symptoms began at different times in family members, youngest 1st, and settled within 24 to 48 hours, it is likely this was not a bacterial problem but one of exposure. Sudden drops in temperature (jumping into cold water) can cause rapid cooling of the skin and a pooling of blood in the gut. This results in inflammation and can be a common cause of these sudden gastro cases.

Healthy living column Improve your sleep

- Try to maintain regular sleep times daily.
- Spend the right amount of time in bed for you. Use 8 hours as a guide.
- Bed is for sleep not screens! Computers, phones and TV can disturb your sleep. Don't stay in bed if you are wide awake.
- Relax before bed. Establish a buffer zone before bedtime and relax.
- Ensure you are comfortable in your bedroom. Your room should be the right temperature as well as quiet and dark.
- Avoid alcohol, caffeine and cigarettes before bed where possible, they can interfere with sleep patterns.
- Don't nap, sleeping during the day can make it more difficult to get to sleep. If you have to nap, no more than ½ hour will do.
- Try to avoid sleeping tablets. These do not address the cause of insomnia and won't help long-term. They should only be prescribed by a trusted doctor who understands the reasons why you might be struggling to sleep.
- Ask for help if you need it.

Use two cuts to divide the cake into four equal pieces (quarters). For the third cut, cut the cake in half, horizontally. Some pieces may not have any icing, but their size will be equal.

Answer: