

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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Chicken or the egg

A lot of the pain we experience in our life is not where the problem initially started. Yet it is so easy to be mis-guided by the pain and start treating the wrong places.

When we get shoulder pain we think it is a shoulder problem, when we get lower back pain we think it is a lower back problem. The same could be said for knee pain, elbow pain, ankle pain, etc.

However, so many of these pains begin as a silent problem elsewhere. Let's take the shoulder pain as an example. If you have not obviously injured the shoulder, then there is a good chance the problem started more centrally in the neck or upper back.

If the neck gets tight, the muscles and soft tissues linking the neck to the shoulder affect the posture of the shoulder, which can then affect how the shoulder muscles work. This muscle imbalance then puts strain on other shoulder structures which can result in pain.

So before we look at the obvious, we need to look at the possibility that the true beginning of the problem was elsewhere. If we do this there is always a chance of a full and complete recovery.

8/5-7 Lavelle Street, Nerang, Queensland, 4211

Tel: 07 5596 4711 | Web: www.nerangphysio.com Email: nerangphysiotherapy@onthenet.com.au



What happens next?

Post-treatment reactions

Knowing what happens during a treatment is not the only important information you need. What happens after is just as important as it gives an insight into how you are responding to the treatment.

Normally most reactions take place in the first 24 to 48 hours after treatment as the soft tissues adjust to the changes and the nervous system resets itself and becomes more active.

There are 3 common reactions to treatment regarding symptoms. You could get an increase in pain initially, then after 48 hours it feels better. You could feel no change for 48 hours before it feels better or lastly you could feel better after treatment and then after 48 hours some pain returns, but not as bad as before.

A lot of this depends on the nature of the condition, the fact it may be chronic or acute or the

individual person's ability to respond to the treatment. We are all different thus we will respond differently. No one injury is the same.

As treatment continues you will see and feel changes taking place, but the symptoms are not always the first things to change. What needs to be observed is the change in strength and flexibility as these are precursors to symptoms easing in any mechanical condition.

Generally as strength improves, pain eases. Once the mechanical stability is restored symptoms will continue to ease till they are gone, however this only indicates symptoms are gone, there may still be some stiffness or weakness residual in the body which will need to be corrected before full recovery is achieved.

So a golden rule is, 'Don't stop treatment when the pain stops', there will always be a few more things to be done for complete recovery.

News

Wow! Another year has flown by and we are well into 2020. We would like to wish everyone a very Happy New Year and may this one be a healthy and prosperous one. For those whose health funds have kicked over give us a call and get your health back on track.

EXERCISE OF THE MONTH:

The Moth

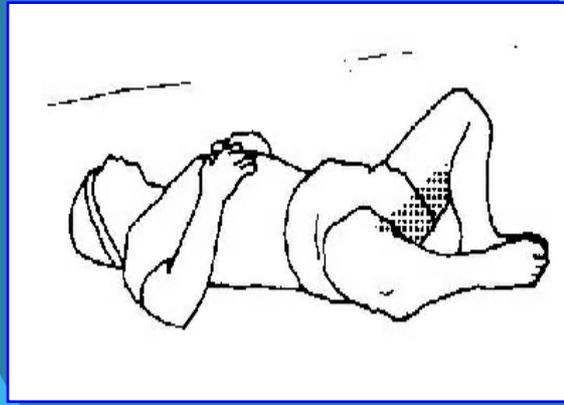
Have you ever seen a baby sleep like the person in the picture to the right? Why don't we do this when we get older?

Most people will suffer back pain at some stage, but most back pain is actually a result of weak hip muscles. The muscles that are commonly weak are the ones that open the legs sideways (abductors).

These muscles when they become weak cannot oppose the pull of the muscles that close the legs (adductors), so these muscles and their soft tissue sheaths will become tight as they are working unopposed.

So as part of any treatment for lower back issues it is important to ensure these adductors are released as well otherwise they could cause the abductors to remain weak, because when one group of muscles are tight the opposite group will be weak.

To help maintain good range of movement in the adductor muscles do the moth, where you lie on your back and bend your knees up with feet on the floor. Let your knees drop slowly outwards and hold the position for up to 3 minutes allowing the soft tissues to ease in tension. Once a day will do.



BRAIN TEASER OF THE MONTH

A man died and went to Heaven. There were thousands of other people there. They were all naked and all looked as they did at the age of 21. He looked around to see if there was anyone he recognised. He saw a couple and he knew immediately that they were Adam and Eve. How did he know?

Answer below.

Have a laugh



Tip of the month:

We hear everyday someone talking about positive thinking and how good it can be. Well it is true. If you want to know what a thought looks like, look around you. Your habits, thoughts and moods produce your life. Just as positive thoughts lead to positive outcomes, so negative thoughts lead to negative outcomes. In the law of the universe, like attracts like, so whatever you think will attract more of the same. We are the masters of our thoughts, so keep thinking positively, feel the emotions linked to this and you will live a positive life.

Healthy living column

Health tips:

Law of attraction

(An excerpt from the book *The Secret*, by Rhonda Byrne)

The Great Secret of Life is the law of attraction.

This law says like attracts like, so when you think a thought, you are also attracting like thoughts to you.

Thoughts are magnetic, and thoughts have a frequency. As you think thoughts, they are sent out into the Universe, and they magnetically attract all like things that are on the same frequency.

You are like a human transmission tower, transmitting a frequency with your thoughts. If you want to change anything in your life, change the frequency by changing your thoughts.

Your current thoughts are changing your future. What you think about the most or focus on the most will appear as your life.

Your thoughts become things. The law of attraction is a law of nature, it is as impartial as the law of gravity.

Nothing can come into your experience unless you summon it through persistent thoughts.

So stay positive and think good thoughts and stay good.

Answer:
He recognized Adam and Eve as the only people without navels. Because they were not born of women, they had never had umbilical cords and therefore they never had navels.