

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Wrist fracture

This is one of the most complex conditions to treat. There are so many bones in the wrist and thus so many joints and ligaments that recovery can be slow and sometimes incomplete.

One of the areas that often gets over-looked though, is the forearm and all the muscles that supply the wrist and hand. In many accidents leading to wrist fractures. There will be stress loaded on the soft tissues and muscles of the forearm.

This results in tightening of the soft tissues, trapping the muscles into tighter spaces resulting in weakness of these muscles. This now means the wrist does not have the support of its controlling muscles and this can put more strain on the wrist as it recovers.

So treating the forearm soft tissues will help strength the muscles naturally but also reduce strain across the wrist allowing it to become more mobile and usually less painful.

Treatment can start almost immediately as the focus can be on the forearm initially, preventing stress on the wrist.

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## NECK PAIN

This debilitating neck condition can happen to anyone at any time, but it does indicate the body has been compensating for some form of imbalance prior to the acute spasm.

Commonly the attack happens in the morning which may show the neck was not receiving a good enough resting blood flow rate over night, causing the soft tissues to slowly tighten. All it then takes in the morning is a sudden, not even forceful movement and the muscles go into spasm.

The neck then gets locked into position with the head tilted to one side and turned to the opposite. This is mainly caused by the spasm of the Sternocleidomastoid muscle, the long

one that can be seen standing out in the front of the neck on both sides when turning the head.

To treat this we need to understand the possible events that have gone on before the attack. So we need to look at the Sympathetic nervous system that controls the blood flow, to ensure we have maximum blood flow rate.

Then it is about slowly releasing the soft tissues of the neck and guiding the neck into a state of ease. In most cases progress will be slow but steady and generally will take 3 to 5 days to fully recover.

The important thing after recovery is to ensure the underlying foundations of the condition are maintained, i.e. the Sympathetic nervous system and soft tissue flexibility.

## News

Hi everyone, we would like to wish you all a Happy New Year into what looks like a great year to be alive. We look forward to being able to help you with any condition you are requiring assistance with. Stay well.

# EXERCISE OF THE MONTH:

## Myotatic crunch

Contrary to popular beliefs, sit-ups are not very effective exercises for strengthening the abdominals. The most important muscles of the abdominals, i.e. obliques and transversis are not activated much in a normal sit-up.

So for an effective, safe and fast-working abdominal exercise, try the Myotatic Crunch as follows:

Get a Swiss ball (45 - 55cm) to ensure your bum is close to the floor, no more than 6" off the ground.

1. Start with arms stretched overhead as high as possible, keeping your arms behind or next to your ears throughout the entire exercise.
2. Lower your shoulders to the count of 4 seconds until your fingers touch the floor, the entire time attempting to extend your hands further away from the ball.
3. Pause at the bottom for 2 seconds, aiming for maximum elongation.
4. Rise under control to a neutral position and hold for 2 seconds. The arms should not be above horizontal.
5. Repeat 10 times. Once you can repeat 10 repetitions, add weight to your hands. (If female, it is suggested no more than 20Kg of weight be used)



## BRAIN TEASER OF THE MONTH

**A man was found in a telephone booth with both arms cut at the wrist and blood dripping from them, the phone was dangling from its connection and no-one was on the other side. What happened? (Answer below)**

### Have a laugh



### Tip of the month

**This is one for the women: One of the common causes of a lot of upper back and neck issues in women is the bra. This is not because it pulls down on the shoulders but because the bra supports, thus taking away the need for the muscles actually designed to do the job of supporting. This leads to slumping of the shoulders and a chin-out posture. To prevent this try going bra-less as much as is socially possible, especially the younger girls and allow the development of the necessary musculature.**

## Healthy living column

### Golden Paste

Turmeric has great anti-inflammatory effects. Try this paste for great health benefits.

#### INGREDIENTS

- 1 cup purified water
- 1/2 cup organic turmeric powder + additional to adjust consistency
- 1/4 cup extra virgin coconut oil or other fat such as ghee or extra virgin olive oil
- 1 tsp finely ground black pepper

#### METHOD

Add powdered turmeric to a pan with water and reduce on low to medium-low heat until it begins to form a thick paste.

Add in ground pepper and fat of choices and combine well, adjusting the water or turmeric qualities as needed.

You may also choose to add in approximately 1-2 tablespoons of raw honey and about 1-2 teaspoons of other warming spices that pair well with turmeric such as nutmeg, curry powder, cinnamon, cardamom, or salt, if you wish.

Once your paste is the consistency you desire, store in a glass jar with tight fitting lid in the refrigerator for 1-2 months.

Dilute and consume 1-2 teaspoons of your paste a day in warm water, juices, smoothies, teas, golden milks, nut butters and snacks, stir fries, stews, dressings and other savory items.

Answer: The man was a fisherman and he was telling his friend on the phone about the size of his catch, his arms went through the glass of the telephone booth, sitting both wrists and killing him.