

NERANG PHYSIOTHERAPY

Peter Mitchell

The difference is obvious

July
2018

What do we treat?

At Nerang Physiotherapy we have a variety of techniques to treat many disorders and with Myo-flow we have the opportunity to treat many that orthodox Physiotherapy cannot.

Conditions include:

- Lower back pain
- Neck pain
- Shoulder pain
- Knee pain
- Ankle/foot pain
- Plantar Fasciitis
- Elbow pain
- Hand/wrist pain
- Arthritis
- Headaches
- Migraines
- Post surgical problems
- Sports injuries
- Rotator cuff strain
- Stress
- Jaw issues

Combining traditional Physiotherapy approaches, Kinesiology, Acupuncture and Myo-flow we are able to manage the following conditions:

- Fibromyalgia
- ME
- Chronic fatigue
- Acid reflux
- Bloat
- Heart Palpitations
- Varicose veins
- Cold hands/feet
- Irritable leg syndrome
- And many others...

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

Tel: 07 5596 4711 | Web: www.nerangphysio.com

Email: nerangphysiotherapy@onthenet.com.au



News update

Is your mobile phone affecting your health? We are now stocking Electromagnetic Stabiliser discs for your phone or laptop which reduce the unhealthy frequencies to prevent the damage caused by phones and laptops. Only \$45 for a pack of 3.

PAIN IN THE KNEE CAP

Whenever I hear someone saying they are experiencing pain in the knee cap which has not risen from a traumatic incident, I immediately think about the hip muscles.

The reason for this is that I have found most incidental knee pain stems from weakness in the hip muscles. This often relates to a history of overuse in some form or other.

The knee cap (patella) is actually sitting trapped inside the tendon of the quadriceps muscles, so its position over the knee joint is controlled by these and other surrounding muscles, such as Sartorius on the inside of the knee and Tensor Fascia Lata which forms the ITB on the outside of the knee.

Any tightening of these muscles will mean the patella is pulled

out of its natural resting or movement position. As the patella needs to glide up and down in a specific groove, this imbalanced pull of the muscles means the patella moves sideways and not straight up and down, stressing the pain-sensitive structure around it resulting in pain.

Going back one more step shows us that the thigh muscles are often victims of the changes in the major hip muscles. Weakness in hip muscles due to overuse or poor blood flow forces the thigh muscles to over-compensate to try and stabilise the pelvis, thus putting more strain through the knee.

To treat the patella pain then we MUST first remedy the weakness in the hip muscles, then we can release any increased tension in the soft tissues of the thigh, thus releasing strain on the patella. This allows the patella to 'track' correctly reduce stress on the surrounding tissues, thus reducing pain.

EXERCISE OF THE MONTH:

Piriformis stretch

This stretch is a great one to do as we are often a victim of tightness in this muscles which can affect lower back function.

This muscle, if tight, can also mimic sciatica-type pain including pins & needles in the foot.

Quite often this muscle gets tight because of how we use, or mis-use the legs. As an example, driving a car and letting the knees rest against either the door or the centre console. This allows these muscles to become short and tight.

Another example is sitting with one foot resting on the opposite knee, but generally anytime the knee is resting outwards it shortens this muscle.

As the Piriformis is attached directly to the sacrum, it can disturb lower back function and prevent good twisting in the lower back, typically it will prevent a good back-swing in golf!

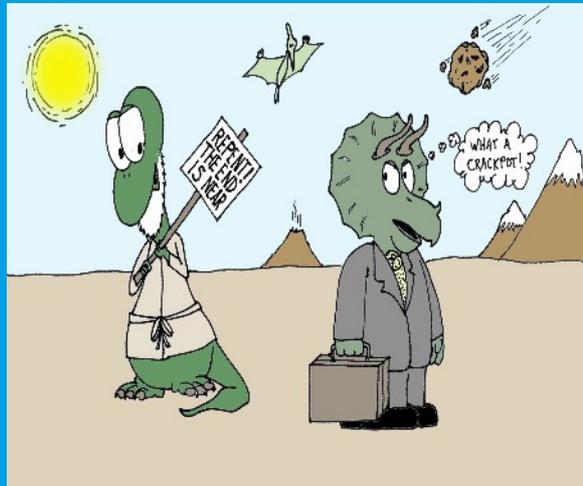
So to stretch it daily, lie on your back and pull one leg at a time up and across towards the outside of the opposite shoulder just to 1st feeling of stretch, hold till it feels easier, then release. One a day is sufficient.



BRAIN TEASER OF THE MONTH

Which of the following statements are true, and which are false? 1. Only one of the statements is false 2. Exactly two of the statements are false. 3. Only three of the statements are false. 4. Exactly four of the statements are false. 5. All five of these statements are false. (Answer below)

Have a laugh



Healthy living column

Electro-magnetic frequencies (EMF) and your health.

As the world continues to industrialize, and technological revolutions continue, there has been a huge increase in the amount of sources emitting electromagnetic fields. Though for some people it seems that devices such as computers cell phones make our lives easier, they're also linked to several health Anything with an EMF emission can harm your health.

For years, people have reported various health problems that have been linked back to EMF exposure. While some people report milder symptoms, and attempt to avoid the fields, others are severely affected. Some are affected so significantly that they can no longer live as normal.

To help protect against many of these ill-effects of we are now selling Aulterra harmonizers to reduce the irregular radio and microwave frequencies that are harming the body. Get yours now for only \$45 for 3 discs to be used on 3 phones or laptops of your choice. Stay protected and stay healthy.

Tip of the month: FREE Vitamin D

There are not many foods in our diet that can give us sufficient Vitamin D3 to help us fight disease. Did you know that many people in Queensland are Vitamin D3 deficient? With all the sun we have, staying out of it can be as harmful as having too much. Only a half hour of sun on the face and arms a day can produce 10000 international units of Vitamin D3, essential for good health. And nature has provided this for FREE. But be sensible, don't overdo it as too much exposure can cause damaged skin and make you look older than you are. Some sun is GOOD!

The only true statement can be #4. The others are false. #5 can't be true, because it says all the statements are false.

Answer: