

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

July
2019

Migraines

In my studies on the control of the circulation I have come across an interesting explanation for some forms of migraines.

Now those who suffer from the classical migraine where the pre-cursors are spots in front of the eyes, light headedness, cold sweat and pale skin, will know that what follows is a pressure in the head so profound it can lead to blackouts or vomiting and is difficult to treat.

However, all the initial symptoms before the head pain are typical signals of a slower blood flow rate to the head/brain. So something has caused a shift in the way the blood is distributed in the body, possibly eating a food which irritates the gut, or a physical stress in another part of the body both of which force blood to these areas to engage in repair.

If there is a lack of control of blood flow rate by the sympathetic nervous system, this shift cannot be controlled easily and too much blood leaves the brain/head, this is then what results in the early symptoms. In reaction to the lack of blood flow to the head/brain, blood is forced to the head/brain in an emergency causing the pressure and pain of a migraine.

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

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



Total Hip Replacement

Many people who have had a total hip replacement (THR) suffer from pain many months after the surgery. So if you have a new hip joint, what could be causing the pain so long afterwards?

What many people don't realise is that the causes of the hip joint wearing so badly that it requires replacement in the first place are still there after the surgery. This means that the causes of a lot of the pain associated with the worn joint are still present.

The culprits here are mostly tightness of the soft tissues of the hip muscles, poor blood flow rate through the hip area and weakness of the muscles of the hip.

Arthritis does not just happen, it is an end result of many factors, those just mentioned above as well as nutritional, microbial and

acidity factors, not to mention dehydration.

So it is great the hip joint has been replaced but what about the other factors? A new hip joint cannot change those.

Therefore it is important we focus on correcting all the other factors to finally eliminate the pain. Ensure good hydration daily, ensuring we are not eating foods that make us acidic and eating foods that do not cause inflammation.

And finally getting some good Physiotherapy work done on the soft tissues of the hip muscles, thigh and lower back to increase flexibility and strength, and doing something to boost the blood flow rate control such as Myo-flow (available exclusively to Nerang Physiotherapy).

Correct treatment of these areas will ensure a fully functional and pain-free hip so you can enjoy life again.

News

Those of you who have been in recently will have noticed a bit of redecorating going on at the practice. This will be ongoing for a while as we spruce up the rooms in staying with our theme of beach and tranquility. We hope you enjoy the changes we make.

EXERCISE OF THE MONTH:

Figure of 8

For those who spend a lot of time sitting, and this includes children at school, here is an energizing exercise that can assist in relaxing muscle tone and increasing attention for working at close range.

Sit in a chair at a desk or table (if your chair is on wheels make sure it is stationary). Feet are flat on the floor and shoulder-width apart. Place your hands on the surface in front of your shoulders, fingers slightly forward and rest your forehead between them.

Press down with your hands and forearms as you inhale, slowly and easily raising your head, forehead first, followed by your sternum (chest bone) and finally your upper back, keeping your shoulders and lower body relaxed.

Your diaphragm and chest stay open as you experience your breath moving up your body's midline like a fountain of energy. The release is just as important as the lift: exhale as you tuck your chin down toward your chest and slowly move your forehead back down to rest on the desk allowing the back of your neck to lengthen.

Relax and breathe deeply. Repeat this 2 or more times. Teach your children to do this when they are studying and if they have time at school.



BRAIN TEASER OF THE MONTH

A woman, who is having trouble sleeping, decides to call her next-door neighbour in the middle of the night. When he answers, she doesn't say a word and hangs up. The woman then falls fast asleep. What happened?

Have a laugh



Tip of the month: *Listen to your feet*

If you like walking you are doing well. Walking has been shown to be as effective as running physiologically and you reduce the stress on the joints. Walking up and down hills can be even better for your cardio-respiratory system but to help you manage hills better try and maintain a constant breathing pattern. If you focus on a good breathing rhythm you will tend to forget about the walking and let it naturally happen. When going down hill use the momentum that is generated naturally to prevent jarring. Enjoy.

Healthy living column Health tips:

Laugh? Easy for you to say

Laughter reduces stress. Laughter makes everyone look more appealing (apart from Jack Nicholson).

Laughter says, "See, I can put on a red nose the same as everyone else." Laughter is actually pretty funny. So you should do it. Often!

- Change your posture to convey confidence and humour
- Plan laughter outings with your friends which you know will be a riot, e.g. comedy clubs, a funny movie, the barricades at a G8 summit
- Get friends who know how to shake their bellies
- Then teach the Germans and French how to do it

Laughter is the best medicine. You cannot patent it.

Laughter is contagious and has many health benefits such as improved oxygen levels and decreased stress levels, so go ahead and give it a go.