

# NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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## Heel pain

This often debilitating pain commonly has its origins in the hip and the foot and heel become victims of the need to over-compensate for weakness in the hips.

Unless there is direct trauma to the heel/foot, the most likely cause is changes in strength and flexibility in the hip, thigh and calf often due to some form of overuse be it sports, standing for long periods, even sitting for long periods.

This overuse stresses the nervous system that controls the blood flow to the legs resulting in weak hip muscles. This forces the body to compensate in the thigh and calf to stabilise the pelvis and leg.

Because of this more load is put onto the leg and thus more load has to be pushed off, resulting in the overuse of the calf muscles. This causes tightness in the calf soft tissues which strains the heel and can result in heel pain or Plantar Fasciitis.

At Nerang Physiotherapy we assess all function from the hip to the foot to see where the true cause is and also incorporate Myo-flow to treat the blood flow to the leg. All this gives great results.

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

Tel: 07 5596 4711 | Web: [www.nerangphysio.com](http://www.nerangphysio.com)

Email: [nerangphysiotherapy@onthenet.com.au](mailto:nerangphysiotherapy@onthenet.com.au)



## Shoulder dislocation

Speaking from personal experience, shoulder dislocations are not a great injury to have occur to anyone. At the same time it is not very easy to dislocate the shoulder as it is a very mobile joint.

So when it does happen there are certain things that happen depending on the severity of the trauma. In my case I slipped down a small waterfall in the mountains of South Africa and dislocated my left shoulder. At the time we were 2 days from our base and we had no options but to finish the hike as planned.

I was fortunate in that the joint did spontaneously relocate a few minutes after the fall, but many don't and they have to be taken to hospital to have it reduced manually and to ensure there are no complications such as nerve or blood vessel damage.

Recovery from a dislocation can be slow, but if treatment is started soon after the injury recovery can be quite quick.

The goal of any treatment would be to ensure there is nothing getting in the way of the joint repairing, such as stiffness, muscle weakness and poor blood flow.

We need to also ensure the neck is not affected and getting stiff as this will impact on the shoulder as well. Slow and gentle mobilising of the joint, manipulation of the soft tissues of the joint and encouraging use within pain limits is the way to go.

With a return of range of motion and strength the deep structure of the joint called the capsule will be able to recover and there should be no long-lasting problems with the shoulder.

Once again, early intervention is vital once the joint has been relocated to prevent stiffening of the capsule and a possible frozen shoulder.

## News

After a lovely break we are glad to be back to help everyone with their health issues. We are a holistic practice and wish to not only assist in your physical health but in your general health as well. If you have any questions please do not hesitate to contact us and speak to us directly.

## EXERCISE OF THE MONTH:

### Neck stretch

1. In the standing position inhale through your nose, bend over and reach for your toes, stretching your back. Go only as far as you can without feeling discomfort.

2. Stretch out your neck as a turtle would while exhaling through your mouth slowly. Feel the stretch along the back of your neck. Return to the standing position.

Repeat steps 1 and 2 six to 24 times.

Cool down by sitting on a chair, cross-legged if you are able, breathing in through your nose, holding for 2 seconds while imagining warmth flowing in through your head. Exhale through your mouth imagining cold leaving your body.

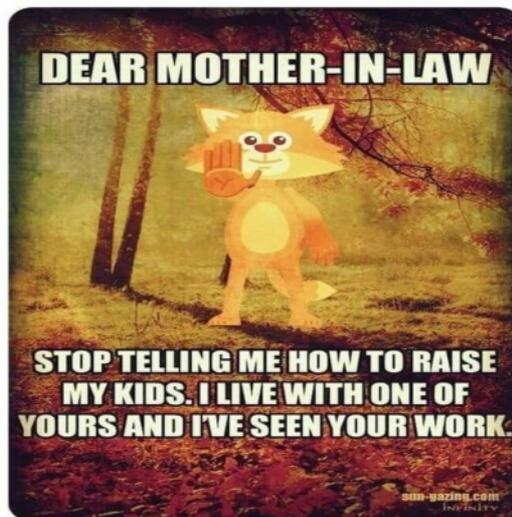
Do this whenever you feel you require some relief.



## BRAIN TEASER OF THE MONTH

1. Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?
2. You live in a one story house made entirely of redwood. What color would the stairs be? (Answers below)

### Have a laugh



### Tip of the month

If you have had pain for more than 48 hours it requires attention. Especially if the pain arose from no obvious trauma to the area. This type of pain usually is an end result of a series of changes the body has gone through, doing what it can with what it has to keep going but eventually something has to fail.

Don't fall into the trap of seeing if it will go away, pain does not arise unless there is a problem and 'seeing how it goes' allows the problem to fester. Early intervention is essential not to mention less expensive.

## Healthy living column Health tips:

- Start your day with water: Start your morning off right with a big glass of water. After fasting all night, this first drink of water will help to hydrate your cells and wake you up.
- Meal prep it! Making your meals ahead of time will end up saving you plenty of time and stress in the long run!
- Buy groceries online: Buying your groceries online is a lot less stressful than hustling and bustling through your local grocery stores to find the best bargains in the shortest amount of time!
- Prioritise your sleep: Sleep is an important part of health and if you don't get enough of it, it can negatively impact your energy levels, motivation, concentration and even appetite regulation.
- Exercise and socialise: Exercise can help you feel energized and improve your sleep and overall well being.