

NERANG PHYSIOTHERAPY

Physiotherapy for the whole family

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Unit 8/5-7 Lavelle Street, Address Line 2, Address Line 3, Nerang

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

Runner's knee

(ITB Syndrome)

One of the most common pains a runner will experience is the pain on the outside of the knee, especially when running down-hill.

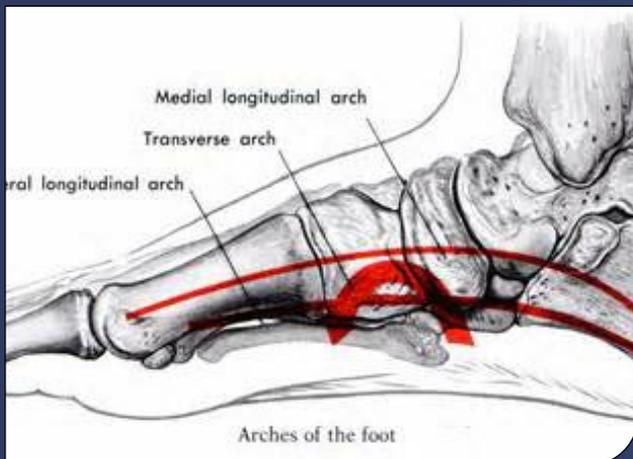
How does it occur?

The typical starting point is overuse, which results in fatigue of the nervous system in charge of your blood flow rate. This is followed by stiffness and weakness in the hip muscles.

This weakness and stiffness forces the thigh and leg muscles, including the muscles that form the ITB, to compensate for the hip weakness. This results in increased tension in the ITB and pain at the lower end.

It is always worse on the down-hill as your muscles work 30% more going down-hill than up-hill.

Treatment for this has to include treatment of the nervous system, hip and thigh. Local treatments and strapping will be insufficient and temporary. This could then cause further compensation and conditions such as tendon Achilles pain or foot complaints.



GENERAL NEWS

With the Gold Coast Airport marathon on the horizon I have decided to dedicate this newsletter to runners with information on common running problems and painful conditions. I hope you find this information useful. Have a great run and enjoy life!

ARE YOUR RUNNING SHOES CAUSING YOU UNKNOWN PROBLEMS?

Ever since shoe companies were informed that most people over-pronate (foot flattens on the inside) they have decided to add a piece of material to the inside of the insert that is placed in most running shoes and other trainers.

I have treated thousands of runners over the past 23 years and I have removed nearly twice as many inserts from the shoes. Why? Well, quite simply they get in the way of the foot working dynamically.

When you run, the inside 'arch' of the foot (medial longitudinal arch) drops to allow a build up of tension in the tissues in the sole of the foot. This tension results in a splaying of the toes, natural when bare-foot, to allow the foot to adjust to any uneven surfaces.

However, if we have an insert in the shoe preventing the full drop of the 'arch' the foot makes contact with this insert and naturally pulls away from it, as you would if you walked bare-foot on the ground and encountered a bump or stone under the foot.

You now have no choice but to land on the outside of the foot and then back onto the ball of the big toe, causing strain of the toes, bunions on inner side of the big toe, tightness up the inside of the calf and even compensatory reactions into the thigh and hip.

As a result any hip muscle imbalance will throw the stress back down the leg or even across to the other side and any number of painful conditions can occur.

If you have been prescribed inserts without a full biomechanical assessment from the hips down or have shoes with built-in inserts you would benefit from an assessment at Nerang Physiotherapy to see if these are causing you problems.

EXERCISE OF THE MONTH:

DOGS AND CATS

One of the keys to good health is a flexible spine, which is why you will always see animals stretch before moving and it is always the spine that gets stretched first. Try this:

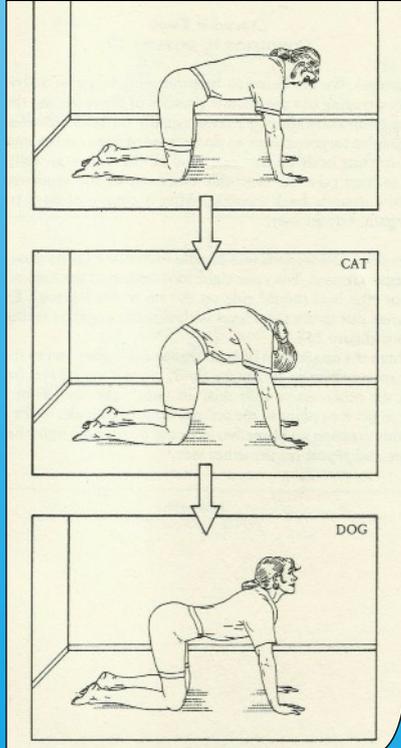
Get on hands and knees, hips and shoulders at right angles, weight evenly distributed, feet relaxed. Take a deep breath in, then as you exhale arch your back up like a cat tucking your head down and exhale. Immediately inhale and arch your back down like a dog lifting your head.

This must be one smooth movement like a wave, using your breathing as the controlling mechanism for the speed of the movement.

Repeat this 15 times at least once a day. A good time to do this is in the morning to get the day off to a good start.

Have a laugh

Paddy and Murphy are tying their boat up after a good day's fishing. Paddy asks Murphy if he marked the spot where they were so successful in getting all the fish. Murphy says, "Sure I put an 'X' on the side of the boat". "You idiot!", Paddy replies, "we might not get that boat next time!"



BRAIN TEASER OF THE MONTH

James recently moved to his first brand new house. When he arrived there he discovered that the builder had forgotten something.

James popped down to the local DIY shop to enquire about the prices. Luckily the items are quite reasonably priced.

7 cost £1.00, 10 cost £2.00 and 100 cost £3.00.

What had the builder forgotten and how much will 210 cost?

WHAT IS MYOFASCIAL RELEASE?

If we suffer pain and injury, the most common reason for this is the tightening of the soft tissues of the body. The body attempts to protect itself from damage by tightening and thus preventing movement that might hurt.

Myofascial release massage is a fantastic soft tissue technique designed to re-instate the length of the soft tissues and in so doing free up the space around the muscles, joints, and all other structures in the body.

It is one of the most successful forms of massage as it is aimed at the particular tissue involved in pain and dysfunction, i.e. fascia. Fascia covers all other structures in the body and controls their function.

Strength goes with flexibility, weakness goes with stiffness.

So to remain healthy and to function well and pain-free, flexibility is the key, which is why Myofascial release is a great way of achieving this freedom of movement and relieving pain

Hook's Law

"The stress used to stretch tissue is proportional to the strain experienced, as long as the elastic limits of the body have not been exceeded."

This law says the harder or quicker you push on the soft tissues the more they tighten up. Forcing soft tissues as in deep tissue massage and some forms of remedial massage can elicit discomfort in the tissues and stiffness. Myofascial release massage used at Nerang Physiotherapy abides by this law and release is done at the rate at which the tissues themselves will allow, enabling a positive response.

Tip of the month:

Beat the winter colds by wearing at least 2 layers of clothing. Common colds are often caused by exposure to sudden changes in temperature. So dress cleverly and stay healthy.

Answers: The builder had forgotten the house numbers. The DIY shop charges £1.00 per digit, so 210 will cost £3.00.