

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Arthritis

One of the more common ailments many people suffer, arthritis can be very debilitating and crippling, yet some people have arthritis and no pain at all.

I remember treating an 80 year old man who had been told by his surgeon he would never walk on his one leg again due to the arthritis let alone play his beloved tennis.

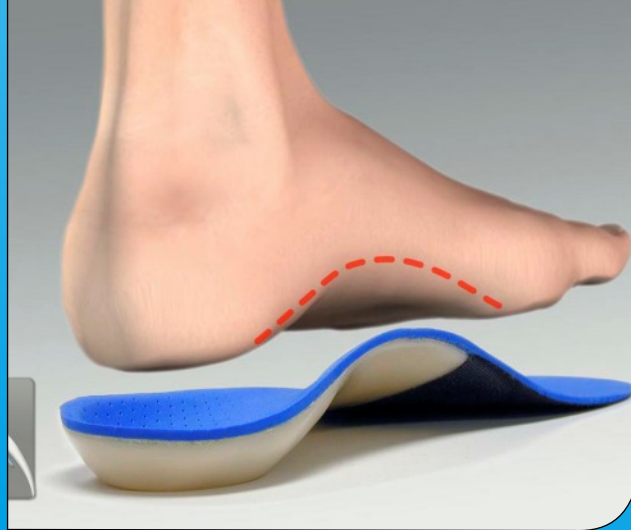
His x-ray looked like a bomb had gone off inside his knee but what he showed mechanically was quite different. He had gross weakness of the muscles of the hip on the same side, tightness and weakness of the thigh muscles, a tight knee cap and poor alignment of the lower leg bones on the upper one.

Once I treated this and released the tightness restoring the strength, all the excessive strain on the knee had been eased and next thing you know he was playing tennis pain-free.

It became obvious that the pain he was suffering was NOT coming from the arthritis but from the strain on the soft tissues around the knee, including tendons and ligaments. Not all is what it seems!

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Orthotics: Yes or No?

It is not uncommon that I see people with problems with the lower back, hips, knees or ankles/feet. Many of these have been offered orthotics as a means to fixing the problem.

However, the question needs to be asked, are these orthotics fixing or hindering? When measurements are done using a Gaitscan which maps out the surfaces of your foot it does not tell us if there is a hip weakness, ITB tightness, calf muscle tightness or weakness, all of which can alter the way the foot is placed on the ground.

Getting orthotics purely on the evidence of a Gaitscan machine is not accurate. A full mechanical assessment needs to be carried out from the hip downwards to ensure all strength and flexibility is normal and only then can one safely say it is a foot problem and orthotics might be the way to go.

News

Rebecca Thompson has started working at Nerang Physiotherapy treating children and parents with family issues, lack of self-confidence, and more with her Emotional Freedom Technique. If you wish to know more go to www.nerangphysio.com

I have spent 26 years removing orthotics from patient's shoes or even cutting out the so-called 'supports' found in most shoes these days. If you look into your shoe you will see the inner has a raised part on the inside of the shoe. This inconspicuous increase in height of the insert can cause a huge array of mechanical problems in the body.

You see the inner arch of the foot is not a fixed entity. It is a spring-loaded mechanism designed to drop when the heel strikes the ground and then spring back when we push off. If the arch drops against this raised insert it will sense an obstacle and the foot will be forced to walk around it, thus you will end up walking on the outside of the foot and cause all sorts of issues up the leg.

So be careful when you are told you require orthotics and you have not had a full bio-mechanical assessment done as you could be spending a lot of money on something that could be causing you harm.

EXERCISE OF THE MONTH:

Gravity Drop

This is a secret weapon for dealing with hip lateral rotation (leg rolling outwards). It repositions the hip, encourages the muscles of the upper back to rescue the head from falling forwards, and tells the shoulders that it's not necessary to rotate laterally in order to keep the body moving in a straight line.

Find a step or a staircase, hold onto the railing or a doorframe with one hand and move your feet back so you are standing on the balls of your feet in good gripping shoes. Keep feet parallel and shoulder-width apart. Slowly let your heels drop till you feel the pull up the back of the calf.

Bring your shoulders back and level, bend the free arm raising the elbow to 90 degrees so the back of your palm is under your chin. Now gently squeeze your shoulder blades together and release. Don't be in a hurry or use jerky movements.

Do 3 sets of 20 contractions once a day. Remember it is not a balance exercise so make sure you are well supported with one arm holding the rail or door frame.



BRAIN TEASER OF THE MONTH

Ten teenagers are sitting at a table talking about their part time summer jobs. They are curious as to what the average hourly wage is for the ten of them, but they don't feel comfortable disclosing how much they make. Using only a calculator, can you figure out how they can calculate the average hourly wage for the ten of them while keeping their own hourly wage a secret?

Have a laugh



Tip of the month: *Listen to your feet*

Have you ever taken the time to listen to your feet when you are walking. It can make for interesting observations as the feet can tell us a lot about our hips as well. When you walk the sound of the heels striking the ground should be similar. If you hear one heel sounding 'heavier' than the other one it most likely indicates you have weakness in the hip muscles on that side. If this is the case you would be advised to have it assessed, as weak hip muscles are a common cause of back, knee and ankle pain.

Healthy living column

Health tips:

For teenagers

Reaching the teens is tough for many, especially when it comes to weight. Here are a few tips to keep the extra weight off.

1. **Don't despair:** It is quite natural to put on the ol' puppy fat when we are teens, with all the hormones going around in our body. Don't worry though your metabolism is faster than an adults and you can lost it a lot quicker too
2. **Avoid fad and fast:** diets are tricky, most fad diets don't work, you may lose some weight initially but it is mostly water and it will return, eat a balanced diet with all the nutrients you need for a busy life. Calory based diets are to be avoided
3. **Get plenty of sleep:** sleep is essential to regenerate and secret some hormones. A lack of sleep is responsible for weight gain amongst others.
4. **Throw away sugar:** one of the most common causes of weight gain. It will also help your skin.

Answer:
The 1st teen enters a fake wage, hands the calculator to the 2nd and he and all other teens enter their real wage secretly into the calculator. Once the 10th teen is finished he hands the calculator to the 1st teen who then subtracts his fake wage and enters his real wage, then calculates the average.