

NERANG PHYSIOTHERAPY

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The difference is obvious

March
2018

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Pain vs tenderness

I would like to clear up a small misconception when it comes to pain.

Many people get confused or do not understand the difference between pain and tenderness and it is important to know as it can influence the treatment quite strongly.

By definition, tenderness is pain to the touch, i.e. if you push on a part of the body and it is painful, that is tenderness.

Pain, however can be in a place of the body that is not tender to the touch. This is often due to the fact that pain is commonly in an area that is compensating for the actual source of the problem or is being referred to that area..

So if we treat only the painful area and do not assess for tenderness, the treatment may be incomplete.

Often the tenderness is found at the source of the problem but the pain manifests somewhere else. So treating the tenderness and the painful areas will result in a more complete treatment.



WHEN SHOULD YOU STOP TREATMENT?

One of the most common mistakes we make when having treatment for pain and dysfunction is to stop treatment too early.

What this does is leave you with some possible underlying imbalances that can at a later stage cause further pain and dysfunction.

Typical precursors to pain are stiffness and weakness and poor blood flow rate. These can be present in the body without symptoms as the body accommodates to them.

This accommodation can however, only happen for so long before the body indicates it cannot continue this pathway and pain manifests itself.

This pain could be nowhere near the original starting point and can be acute or dull or it could play out as an injury.

So when treatment eventually begins there is quite a history that needs to be assessed and treated beyond the initial symptoms beginning.

This is often not taken into account and we tend to assume the problem began when the pain began. So we think the treatment should not take long before we can be symptom-free.

To pain a picture, treatment is like pushing a car up a hill. Half-way up the hill is no good as the car will roll back again. Reaching just before the crest of the hill can seem OK as the car may stop, but in time it will begin rolling back.

Where we want to be ideally is just on the other side of the hill going down, before we let go. This means the car has momentum and will go on its own volition. Treatment is the same, stop when the pain stops and you are usually stopping just before the crest and the problem could certainly come back again. Further treatment after the symptoms have gone is vital to ensure a fuller recovery.

News update

Please note we will be closed for the week after Easter weekend and will be open again on the 9th April. Here's wishing you all a wonderful Easter, safe journeys and a great holiday.

EXERCISE OF THE MONTH:

Viparita Karani

This simple exercise from Yoga has many good benefits, 3 of which we will discuss here.

Lie down on the floor near a wall and put your legs up the wall so your buttocks are touching the wall. If your hamstrings are not as mobile, move away from the wall a bit till the tension eases.

Hold the position for up to 5 minutes, breathing slowly and deeply through your nose.

Viparita Karani helps to increase blood flow and circulation throughout the body, especially after a day at work where you may have been sitting or standing for long periods of time, allowing blood to pool. By performing this pose, you help to get the blood that may have pooled in your feet, ankles, and legs to circulate throughout the rest of your body, decreasing the swelling that many of us experience our lower legs at the end of each day. This is also very beneficial for pregnant women.

This pose naturally and gently stretches out your hamstrings, which often become shortened when sitting at a desk all day, leading to lower back pain. By performing Viparita Karani, you slowly elongate the hamstrings and relieve the pressure on your lower back that has been building throughout the day.

As Viparita Karani reduces pain and increases blood flow, it also relaxes you. This stimulation of the parasympathetic nervous system allows your body to transition from the "flight or fight mode" that it is often in all day from the stresses of work and family life into a more relaxed, calm state and aids in better sleep.



BRAIN TEASER OF THE MONTH

A sharpshooter hung up his hat and put on a blindfold. He then walked 100 yards, turned around, and shot a bullet through his hat. The blindfold was a perfectly good one, completely blocking the man's vision. How did he manage this? (Answer below)

Have a laugh



Tip of the month:

If you are buying new shoes, buy them at the end of the day as your feet naturally swell one shoe size during the day. This will prevent you getting shoes that are too tight come the end of the day. Also if you feel the inside of your foot is making contact with the shoe, this is not meant to happen. Your inside arch is meant to drop when you take weight on the foot so anything getting in the way can irritate your foot forcing you to walk on the outside of your foot. One solution is to replace the inner sole with a flat one and have healthy feet.

Healthy living column

Do you snore?

Try these exercises to increase the tone in your throat muscles, which can help ease the snoring.

Extenders: Stick your tongue out as far as you can, then try touch your nose, chin and left and right cheeks in that sequence. Repeat all 4 movements ten times quickly.

Curls: Curl your tongue upwards and back to the soft palate at the back of the mouth, then bring forward to the back of the top teeth. Repeat 15 times quickly.

Hummers: Grip the tip of your tongue gently between your front teeth. Make a humming sound, starting deep and then increasing in frequency until it is as high-pitched as you can make it. Repeat ten times.

Hippos: Open your mouth as widely as you can and say 'ahhhhhhhh' for 20 seconds. Repeat once.

Gulpers: Swallow ten times non-stop with your mouth closed, as forcefully as you can.

Deep sniffs: With your tongue sticking out as far as it will go, take long, deep nasal breaths. Repeat 20 times.

Boas: Swallow very slowly in a controlled manner so that the process takes five seconds to complete. Hold as much pressure as possible in the throat throughout. Repeat five times.

He hung his hat on the barrel of his gun

Answer: