

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

Mar
2020

Heel pain

Heel pain can be a very debilitating pain to endure. It often begins from no obvious trauma to the heel but can be a result of local trauma too.

From those cases where local trauma was not the cause, the problem normally stems from the hip. Hip muscles that become weak for whatever reason result in a lack of support and stability in the pelvic area. This results in the more work being done by the muscles of the thigh and leg/calf as the power muscles switch off.

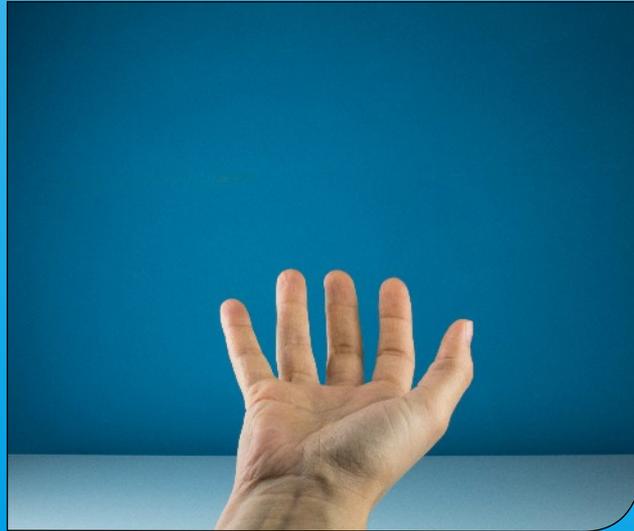
With weak hip muscles we load up more weight into the leg and this forces us to have to push off the increased weight, using thigh and calf muscles resulting in them getting tight.

When calf muscles and their sheaths become tight it results in an increase in tension down the calf via the tendon Achilles and into the heel, causing heel pain.

So it is evident that just treating the heel or foot and not treating the higher mechanical faults will not result in a complete recovery. Our approach incorporates all this and more to remove the causes of the pain.

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

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



But I'm right-handed!...

How many times I have heard this, especially when dealing with shoulder pain. Many patients report shoulder pain in the left side when they are right-handed and wonder why this would be the case.

DO a little test at home or work and see how many times you use your left arm to support you when you are reaching for something, or open a door or cupboard when you are getting something out with your right hand.

Believe it or not you use your left arm a lot more than you think if you are right-handed. It is the supporter, the opener, the puller when you are more finesse with the right hand. So it is not unusual to find many people suffering from left shoulder pain.

This shoulder pain usually comes from an over-use pattern, not

News

Due to the spread of the Coronavirus we respectfully ask if you are suffering from any of the symptoms common with this virus that you remain away from the practice for up to 24 days. We are sorry for any inconvenience this may cause. Stay healthy.

any specific injury to the shoulder. So the pain can be sudden on even a minor movement as at that stage the soft tissues around the shoulder have become so tight that it takes very little to upset them.

This continuing tightness of the tissues surrounding the shoulder causes weakness in the muscles of the shoulder and pushes the arm bone higher up into the joint space. This then results in bursitis and rotator cuff tears which will affect shoulder function and cause pain.

To repair this we also need to ensure we are looking at possible actions we do regularly that can cause these changes as treating the mechanical part is easy, keeping it that way is the difficult bit.

So check daily whether you are using your non-dominant arm to do more than you think and alter what you do to prevent overuse.

EXERCISE OF THE MONTH:

Wall Angel

With your feet a few inches from the wall, place your bum against the wall, followed by your shoulders and your head. Level one you leave the natural curve in you lower back. Level two you flatten your lower back into the wall, using your core, so there is no gap to get any fingers between your lower back and the wall.

Next take your arms up at 90 degrees on the wall. You must keep your fingers and elbows touching the wall at all time — this is imperative! I would rather you didn't extend as much than let your elbows come off the wall. Breath in, than as you exhale over 5-10 seconds, push up your arms in a straight line vertically up the wall until fully extended.

Complete three sets of 6-8 reps (start with six for the first week and progress). Those who have great thoracic and shoulder mobility will have no troubles with this but the rest of us will find it challenging. You should maintain a long neck through the exercise and be able to feel it predominantly between your shoulder blades and your core keeping your lower back on the wall.



BRAIN TEASER OF THE MONTH

The man finds himself commuting to work in his car every day. Upon arrival to work each morning, he proceeds to drive his car in a circle four times before finally parking it and entering his office building. Why does the man drive in circles every day?

(See answer below)

Have a laugh

Me seeing hand soap shelves empty in stores, wondering why people haven't been washing their hands until now



Tip of the month

In light of the Coronavirus and its spread here are a few tips on how to boost your immune system to help conquer the little bug! Find a good source of Vit C (powder preferably), take Vit D3, Pro- and pre-biotics (see our fermented hemp), Colloidal silver, Turmeric, Magnesium, Neem leaf extract and Nascent Iodine if you can find some. Above all stay clean, wash hands regularly and keep surfaces clean with a simple combo of vinegar, tea tree extract and water. Oh and toilet paper cannot protect you from the virus...

Healthy living column

Health tips:

Mobile phones have long been thought to cause health issues in our bodies and the research is there to show it. So what can we do to protect ourselves from this danger?

There are some very basic ways to limit the Electromagnetic frequencies (EMF's) from penetrating your body/brain and causing things like tumours. The cornerstone to reducing exposure to EMF's is avoidance and protection.

Make aeroplane mode your best friend. Switching to Aeroplane mode turns off all EMF's in most phones.

Limit your calls to those that are absolutely necessary.

Avoid using your phone next to your ear. This can cause local heating but is also nearer your brain and can effect the blood/brain barrier, the brain's only protection from outside damage.

Don't sleep with your phone switched on next to you at night.

Use the phone when the signal is strong to stop your phone ramping up the emmissions to get a signal.

Get one of our EMF protectors.