

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Chondromalacia Patella

Chondromalacia patellae, also known as “runner’s knee,” is a condition where the cartilage on the undersurface of the patella (kneecap) deteriorates and softens. This condition is common among young, athletic individuals, but may also occur in older adults who have arthritis of the knee.

Improper kneecap movement may result from:

poor alignment due to a congenital condition
weak hamstrings and quadriceps (the muscles in the back and front of your thighs, respectively)
muscle imbalance between the adductors and abductors (the muscles on the outside and inside of your thighs)
repeated stress to your knee joints, such as from running, skiing, or jumping
a direct blow or trauma to your kneecap

Treatment should look at the hip and thigh and knee together as a unit as a lot of knee strain starts with weak hip muscles. Releasing tension in soft tissues and re-aligning the knee cap will help.

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CARPAL TUNNEL

The carpal tunnel is a narrow passageway in the wrist, which opens into the hand. It is surrounded by the bones of the wrist (underneath) and the transverse carpal ligament (across the top). The median nerve runs through the carpal tunnel and gives feeling to the thumb, forefinger, middle finger and half of the ring finger.

Many tendons also pass through this carpal tunnel and if any swelling occurs, the large median nerve can easily be compressed, causing carpal tunnel syndrome.

Flexor tendons run through the carpal tunnel into the hand. These tendons are covered by a smooth membrane called the tenosynovium and allow hand movement. Any thickening from inflamed tendons or other causes of swelling can reduce the amount of space inside the carpal tunnel. If left unchecked, the median nerve is squashed against the transverse carpal lig-

ament until the nerve cannot function properly. Numbness and pain are the result. It can affect one or both hands.

The muscles of the thumb are also serviced by the median nerve. A person with advanced carpal tunnel syndrome may find they cannot properly use or move their thumb any more, and may find it difficult to grasp objects.

The symptoms of carpal tunnel syndrome include:

- Numbness
- Pins and needles
- Pain, particularly at night
- Darting pains from the wrist
- Radiated or referred pain into the arm and shoulder
- Weakness of the hand
- The little finger and half of the ring finger are unaffected.

Treatment could include Physiotherapy or surgery depending on investigations, but it would always be recommended to try Physiotherapy first to see if that can help before surgery is used.

News

Hi All, we certainly hope you are keeping safe and healthy. At the moment of writing this we are experiencing lots of rain and flooding so please stay safe and avoid driving through flooded roads.

EXERCISE OF THE MONTH:

Hip Extension

To help support the back further and to keep the powerhouse pelvis working better, try this exercise.

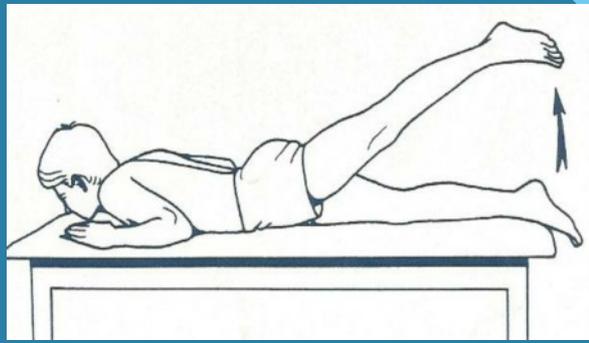
Lie on your stomach on a bed or on the floor. Tighten the muscles in the front of your thigh, and then lift the leg off the bed/floor keeping your knee straight.

Do not lift so far that you feel tension building in your lower back. Only lift about 8 to 10 inches. Hold this for 7 seconds and then slowly let the leg down to the bed/floor.

Repeat this 5 times, once a day, but not every day. Try and break any exercise routines up into small groups and vary the days you do this so as not to over-train.

An alternative to this if you are unable to lie on your stomach is to do a standing hip extension. Stand supporting yourself on a wall or high table. Bend your knee slightly, then left your leg up behind you till you feel it has reached a comfortable end-point.

Hold this for 7 seconds and then let slowly down to the floor again. Repeat 5 times.



BRAIN TEASER OF THE MONTH

A man died and went to heaven where there were millions of other people. Everyone was naked and looked as they did at the age of 21. He looked around to see if he recognized anyone. He saw a couple and he knew immediately they were Adam and Eve. How did he recognize them? Answer below.

Have a laugh



Tip of the month

Seeds contain all the starting materials plants need to grow and develop, so it makes sense that they're full of nourishing components. Nutritious pumpkin seeds, also known as pepitas, are the flat, oval-shaped seeds of an annual climber known as the pumpkin plant. Fiber from the seeds also supports digestion and normal bowel movement, so eating fiber-rich foods like pumpkin seeds can help you maintain a healthy digestive system.

Healthy tips

Oil Pulling

The state of your oral health has a more profound impact on your physical well-being than you might think. If you think that practicing good oral hygiene is merely for appearance's sake, think again.

Oil pulling is an age-old technique that involves swishing a table-spoon of plant-derived oil in your mouth for a few minutes before spitting it out. This holistic practice was developed in Ancient India as part of the oral care routine recommended in Ayurvedic medicine, and it is still widely used by many today.

Commonly used oils for oil pulling include pure coconut oil, sesame oil, palm oil, olive oil or sunflower oil.

While oil pulling doesn't eliminate the need to brush your teeth, it does replace chemical-packed mouthwash solutions that are harmful to your health.

In the Ayurvedic compendium known as Charaka Samhita, the practice of oil pulling is referred to as Gandusha or Kavala Graha. Gandusha is described as the practice of filling the oral cavity with liquid oil and holding it for 3 to 5 minutes before spitting it out.

Answer:
Adam and Eve were the only people without navels. They were not born of women, so they had never had umbilical cords and, therefore, they never had navels.