

NERANG PHYSIOTHERAPY

Peter Mitchell

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The difference is obvious

8/5-7 Lavelle Street, Nerang, Queensland, 4211 Tel: (07) 5596 4711

Web: www.nerangphysio.com Email: nerangphysiotherapy@onthenet.com.au

Scoliosis

This condition involves a curvature of the spine, but not only does it curve from side to side, but the spine twists as well.

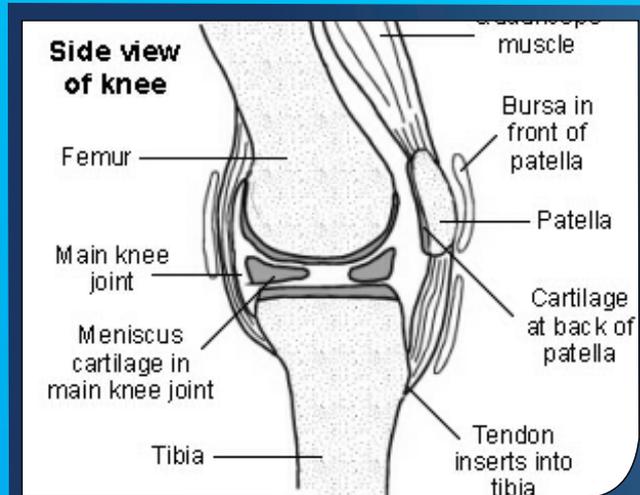
Causes include birth defects, injury, disease and physical overuse. Sometimes these conditions occur suddenly as in acute injury, others slowly.

In the acute scoliosis, that which happens due to injury or physical overuse, the cause is often an imbalanced pull of muscles on either side of the spine, in particular the Psoas muscles.

This muscle tightness can come from poor posture, too much sitting, sport and exercise (too many sit-ups) and is usually more on one side than the other.

To correct this the muscles need to be balanced through soft tissue work and stretching and supported by good blood flow. Once the pull of the muscles is equal and mobility is good most of these scoliotic spines can recover.

It is important to maintain good posture and correct body movement to prevent a return of the scoliosis once treated.



Chondramalacia Patella

This is a fancy name for pain under the knee cap usually associated with crackling sensations when the knee is bent and straightened due to wear and tear of the cartilage behind the knee cap.

This condition is commonly found in active young people but can affect almost anyone who is active. Although the cause is not certain, we at Nerang Physiotherapy believe it stems from poor hip muscle control.

Often activities can lead to overuse and the hip muscles due to slower blood flow rates, become weak. This forces the quadriceps muscles in the front of the thigh to work harder to help control the hip.

GENERAL NEWS

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This overuse results in the fascia (covering of the muscle) becoming tight. The knee cap sits inside the tendon of the quadriceps muscles, and thus will be flattened down against the large femur (thigh bone).

As the person bends and straightens the knee the knee cap is scraped along the surface of the femur, resulting in wearing of the cartilage, hence Chondramalacia Patella.

The longer this imbalance goes on the worse the condition gets and at some stage when tension is high in the tendon of the quadriceps, pain will occur and this will be felt more with bending the knee.

To treat this it is vital the hip and knee muscles are assessed to restore normal mobility and strength. This is our approach and it has shown to be a successful one.

EXERCISE OF THE MONTH:

De-stress tap

One of the unfortunate issues with modern life is stress. It comes in many forms and can cause havoc in our bodies.

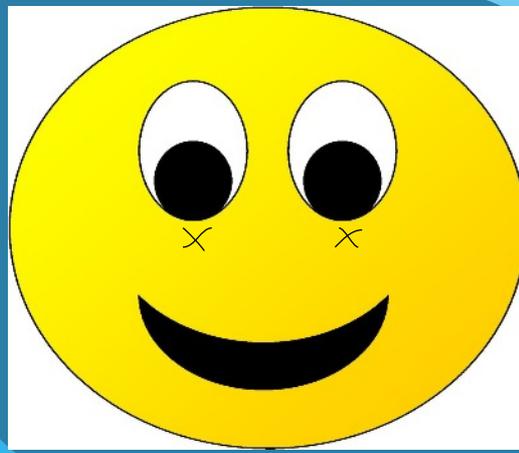
One thing we need to understand is that stress itself is NOT the problem, it is how our bodies deal with the stress that is the concern.

We can either convert the stress into something positive or negative depending on what tools we have at our disposal.

One good exercise to use is tapping of Acupuncture points on the face which have been scientifically proven to reduce cortisol levels (stress chemicals). Most of these are found in the gut and can lead to all sorts of gut and health issues.

Tapping on the points on the cheek bone directly below the middle of the eye (see smiley face) reasonably firmly with one or two fingers accesses via the nervous system our stress release mechanisms.

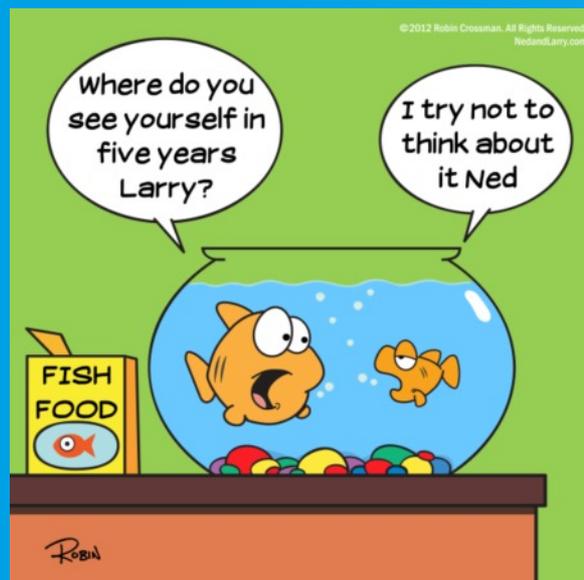
Ideally do the tapping to the Waltz beat if you know how to but any regular tapping rhythm will do. You can actually do this while thinking about what is stressing you to challenge the body to convert the stress into something positive. This can be done for 2 minutes or as long as it takes to feel better. Go for it, give it a try and feel de-stressed.



BRAIN TEASERS OF THE MONTH

1. A man is lying dead in a field. Next to him there is an unopened package. There is no other creature in the field. How did he die?
2. Five pieces of coal, a carrot and a scarf are lying on the lawn. Nobody put them on the lawn but there is a perfectly logical reason why they should be there. What is it?

Have a laugh



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Chronic Pain @ Nerang Physiotherapy

Many people suffer from a debilitating chronic pain at some stage of their lives. It can be very difficult to ascertain when or where the problem started as there is often no obvious cause.

In many case, however, there are often triggers such as falls, car accidents, sports injuries, etc. that can start the process off. The body then goes through many accommodating processes to try and repair things but it cannot always do so.

In most incidents of trauma, memories are stored within the soft tissues and the nervous system, which are always there no matter what. Not suppressing these memories results in pain patterns continuing into a chronic phase.

The other often overlooked area in chronic pain is the Sympathetic Nervous System that controls blood flow rate. When this is stressed or traumatised it loses control of the blood flow including its own and poor blood flow results in poor repair or non-repair, hence chronic pain sets in.

At Nerang Physiotherapy we have over 25 years experience in treating Chronic Pain with a unique approach focusing on ALL aspects of the pain. Don't live with the pain.

Tip of the month:

Have you ever had cold feet and battled to warm them up? One of the common mistakes made is trying to warm feet up by putting socks and shoes on. This is a very slow process and initially traps the cold inside the socks. Putting socks on cold feet is not the way to go. Try warming your feet up with as hot water bottle or in a tub of warm water first. Then when your feet are warm, wrap them in socks/slippers and keep them warm. Stay warm this winter and enjoy a healthy season.

1. The man had jumped from a plane but his parachute had failed to open. It is the unopened package.
2. They were used by children who made a snowman. The snow has now melted.

Answers: