

NERANG PHYSIOTHERAPY

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The difference is obvious

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Can we treat your children?

At Nerang Physiotherapy we certainly can. Our approach suits all ages and with the use of Kinesiology we can assess even babies and toddlers for mechanical imbalance.

If a child is old enough to understand instructions such as holding muscles to resist pressure we can get feedback from their muscles as to where faults are.

If the child is too young for this we can use a parent as a surrogate and test the parent to assess where faults lie in their own child.

Children's muscles and soft tissues function the same as adults and we see similar results when using our techniques.

Many of the children we see have injuries from sports or from falls while being typical kids and the sooner we see these children the quicker they recover.

So if you have a child who is in pain or has an injury, or you just want to ensure the child's bio-mechanics are sound, give us a call we will be happy to see them.

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SPORTS INJURIES @ NERANG PHYSIOTHERAPY

Sporting injuries are becoming very common these days with a lot more people being involved in sports for various reasons, be it fitness, fun or top level achievements.

With the increase in activity comes the possibility of some sort of strain, sprain or break. There is, however, an area that seems not to be addressed when it comes to the true cause of some injuries.

It would seem obvious in most cases to take the injury at face value, for example, blaming a hamstring injury on the hamstring, or a groin strain on the groin muscles.

What is not often asked is 'why did the hamstring tear?' Or why did the groin muscles strain? The way muscles are designed makes it very difficult to injure them, so why would they get injured?

Well in a lot of cases the muscles that get injured are already in a

poor state of function, mostly tight and weak, but in this state they may not be symptomatic, so no-one will think anything is wrong.

Once the muscles become tight enough and weak enough they are easy targets for a strain or a sprain or a tear. Yet in many cases the actual starting point of the entire process could have begun far from the actual injury site.

Take for example again the hamstring injury. In many of those I have treated the hip flexor muscles (mostly psoas) are tight, often from overuse or poor exercises such as sit-ups. This tightness results in the opposite muscles, hip extensors becoming weak. This then forces the hamstrings to compensate for the weak hip muscles resulting in tightness and a muscle more susceptible to injury.

So you can see if you just treat the hamstring and not the other problems this could quite easily happen again. At Nerang Physiotherapy we look at the whole picture to get to the true causes of the injuries which results in a more comprehensive treatment.

News update

Time to get the winter woollies out and stay warm in the evenings and mornings. Don't get caught out not dressing warmer as the temperature drops in the evenings as this can lead to exposure and result in colds or flu. Stay warm and stay healthy.

EXERCISE OF THE MONTH:

Back extension

What You'll Stretch: Entire back and glutes to open your hips.

Begin on your hands and knees with your toes together and your knees slightly wider (like 'V' shape with the point starting at your toes).

Sit your hips back enough so that your bum is resting on your heels, then slow walk your hands out in front of you and your arms straight.

But, try not to let your shoulders touch your ears. Aim for your forehead to touch the ground but, if that's not possible, just hold the pose when you feel a comfortable stretch.

Maintain this position with some gentle deep breathing, sensing your soft tissues through your back, neck and hips easing slowly. Do not force any stretch beyond the first sign of resistance.

This exercise can be done on your bed before you get out of bed in the morning and repeated in the evening before you go to bed.

Quality movement is vital for a good healthy body.



BRAIN TEASER OF THE MONTH

Two convicts are locked in a cell. There is an unbarred window high up in the cell. No matter if they stand on the bed or one on top of the other they can't reach the window to escape. They then decide to tunnel out. However, they give up with the tunneling because it will take too long. Finally one of the convicts figures out how to escape from the cell. What is his plan?

Have a laugh



Tip of the month:

Avoid antibiotics unless absolutely necessary

Add probiotic foods to your regular diet, such as sauerkraut, kefir, Greek yogurt, kimchi, and some types of pickles

Avoid sugar, which certain harmful bacteria thrive on

Stay away from antibacterial soaps and cleaning products whenever possible

Avoid artificial sweeteners, which have been shown to affect the microbiome negatively

Healthy living column

Pickles are considered a "take it or leave it" addition to a meal for most people. The majority of people either absolutely love pickles or hate them with a fiery passion. Pickles come in all shapes, sizes, and flavours. Pickles can be sweet, savoury, spicy, tangy, crunchy, crinkly, and sour — and the list goes on! Pickles are an affordable, low-calorie snack that can easily be eaten on the go (they even sell little to-go cups of pickles in some grocery stores).

Although some people appreciate the tasty benefits of chomping down on pickles, what about the pickle juice that is typically discarded carelessly? Pickle juice may not be on your radar as something worth using, but take a look at the five everyday uses for pickle juice. Number two will surprise you!

1. Ease muscle cramps
2. Cure your hangover
3. Reduce PMS symptoms
4. Regulate blood sugar levels
5. Reduce wrinkles

So why not try some pickles and don't forget to have some of the juice too.

His plan is to dig the tunnel and pile up the dirt to climb up to the window to escape.

Answer: