

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Tinnitus

Tinnitus is one of the very difficult conditions to treat. There are many theories as to the cause of Tinnitus but there is no definite one yet.

One of the theories involves the soft tissues of the neck, namely fascia. When these tissues get tight they can affect the function of the ear.

One other interesting thing to realise is that sound travels quicker through a solid medium than a liquid or gas. So if we increase the tension in the neck fascia it becomes more solid-like and can thus transmit sounds quicker and therefore louder.

So one question to ask is, is the sound we hear as Tinnitus normal and are experiencing and increase in sound due to an increase in neck fascia tension or is it a pathological condition?

Another thing those that suffer Tinnitus say is their symptoms get worse when they clench their jaw or move it from side to side. This also involves muscle tension thus a more solid medium. So maybe one answer is to release as much soft tissue tension as possible and see how that affects the symptoms.

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## Achilles Tendonitis



### TENDON ACHILLES THICKENING

I recently saw someone with a thickened tendon Achilles. There was no obvious injury apart from feeling a sharp pain walking up a grassy slope.

Now generally, tendons will thicken because they are under more strain than normal, and the tendon Achilles is a very tough tendon anyway as it takes virtually the entire body weight through it when we walk.

So to ascertain why the tendon becomes thick we have to ask the question, 'Why is the calf muscle working harder than normal?' When it involves the leg the first place to look is the hip and assessing the strength of the hip muscles is the key.

The hip muscles are the powerhouse of the lower body, they provide stability for the legs to operate from. Any weakness in the hip muscles will immediately put more load on other leg

muscles to attempt to stabilise the pelvis.

The other effect of weak hip muscles is that the weight going through that particular hip/leg complex will be increased as the weakness does not allow the body to shift weight quickly to the other side when walking.

This means we are then having to push off more weight when we walk and this overworks the calf muscles. This overuse increases tension in the sheath of the muscles and thus puts more strain through the tendon Achilles.

As we have said this increased strain will result in a thickening of the tendon and can result in pain, inflammation and eventually a tearing of the tendon.

Treatment should therefore be aimed at restoring normal hip strength and releasing any tension in the calf muscles to relieve the tension on the tendon and this will allow it to settle.

## News

For those of you familiar with EFT, also known as Tapping, we are hoping to acquire the services of an EFT practitioner, Rebecca Thompson, to work with kids and parents, helping restore health and mental wellness. Stay tuned for further details.

## EXERCISE OF THE MONTH:

### The Frog

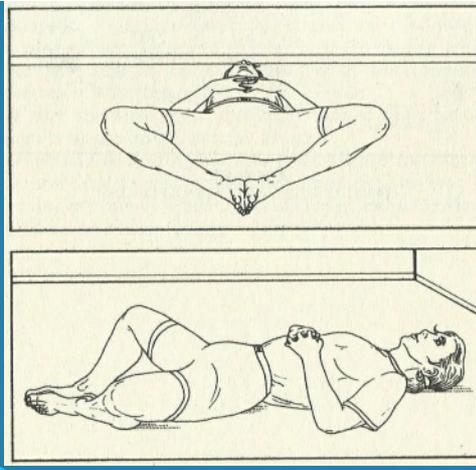
In most cases of back pain there is a weakness of the Gluteal muscles on the outer side of the hip which cause overuse of the lower back muscles, hence tightness and pain.

However, the inner thigh or Adductor muscles are also demanded from to assist in stabilising the pelvis when the Gluteal muscles are not working well. This can cause these adductors to tighten. To keep these muscles flexible and help prevent lower back pain try this exercise.

Lie on your back and pull your feet up toward your torso and put the soles of your feet together, letting the knees turn out. Make sure the feet are centred in the middle of your body. The lower back does not have to be flat on the floor, but you should not feel pain in the back.

Relax the legs and feel a stretch in the inner thighs and groin. Hold this position for up to 3 minutes. You may feel the legs slightly moving further down towards the floor which is good, but do not force this movement.

Do the Frog at least once a day and stay pain-free.



## BRAIN TEASER OF THE MONTH

Two workers in a brewery are trying to settle an argument over how much beer is inside a barrel. One worker thinks the barrel is more than half full while the other says it's less than half full. How can they settle the argument without using any measuring tools?

Note: The top of the barrel can be removed.

### Have a laugh



### Tip of the month

People often think they walk tall with their chin in the air, however this will actually make you shorter. A chin up posture causes an increase in the curvature of the neck's spinal components and will allow soft tissues of muscles that stem from the back of the neck and insert in the front of the chest bone to shorten. This will slowly cause tension in the neck and can lead to headaches. Walk tall by keeping the back of your neck straight and your chin in.

## Healthy living column Health tips:

### Winter blues?

Now that summer seems to have eventually gone for a few months, what can we do to prevent getting the winter blues?

There is a condition called Seasonal Affective Disorder or SAD which affects many people in the winter, even in Queensland where the days are still bright and sunny.

This condition is often related to typical things like a lack of Vitamin D from getting in the sun, stress, and the environment, especially light deprivation.

In order to combat the negative effects of SAD we can do things like getting out in the sun for at least half an hour per day, take Vitamin D3 supplements, use SAD lights which are very bright lights in the house to mimic daylight and find ways to de-stress.

Don't suffer unnecessarily when there are ways to prevent this sometimes terrible condition.

Answer:  
One simple way of solving the dispute is for the workers to tip the barrel until the beer is level with the lowest part of the top (just before it would spill). If they can see the bottom of the barrel, then it's less than half full. On the other hand, if they cannot see the bottom, then the barrel is more than half full.