

NERANG PHYSIOTHERAPY

Peter Mitchell

The difference is obvious

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When should you seek help?

If I had a dollar for every time I heard someone say, "I wish I had come in sooner to see you." I would be a rich man.

It is a problem these days where we hope the pain will go away, and sometimes it does, however this does not mean the problem is solved, just hidden.

One rule of thumb is that if pain has been present for more than 48 hours it is worth a visit to your Physiotherapist.

As some of the main causes of pain are weakness, stiffness and poor blood flow, Nerang Physiotherapy can assess and treat all these but the earlier they get treated the better.

The longer you leave your pain the more the body is forced to accommodate to the original cause and this means by the time you do get to the Physio you have a lot more to treat and thus the recovery will be slower and more expensive.

So early detection is key to quick recovery and remember the problem does not always start when the pain starts.

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GENERAL NEWS

Please note we will be closed on the usual Christmas and New Year holidays and Peter will be away on the 8th to the 10th January. We are hoping to get a locum in for a couple of days to cover for Peter.

HEART BURN

It might seem weird, a Physiotherapist talking about heart burn, but there is a common link between heart burn and neck and back pain.

As a past sufferer of heart burn I realised the link between this and some upper back pain as the two seemed to synchronise. When I got heart burn my back would become stiff and sore in a very specific area on the right side of my upper back.

At the same time I would get pain shooting up my neck on the left side in a pulsating manner. While developing Myo-flow, I realised there might be a link between the Sympathetic nervous system I was treating to boost blood flow rate and the stomach, in particular the valve at the bottom of the stomach called the Pyloric valve.

This valve controls the emptying of the stomach and is in turn controlled by the Sympathetic nervous system. If this nervous system fails to control the tone of

the valve, the muscle of the valve relaxes and does not open the valve.

This leads to the stomach not emptying well, even if there is no food in it as gas is formed in the stomach from the blood flowing in the stomach lining. If this gas cannot get out through the Pyloric valve it fills the stomach up, giving us the feeling of being 'full'. Hence we will not feel hungry and will not eat.

This in turn means for relief the stomach will have to empty another way, and that is through the upper valve of the stomach that is meant to stop food from going back up the throat, the Cardiac valve. When this valve is forced to open, food/gas and stomach acid enters the throat giving us heart burn, also known as acid reflux.

Myo-flow can treat the nervous system controlling the Pyloric valve to increase the control of the tone of the valve and thus improve emptying of the stomach. Give us a call now to see if we can help you.

EXERCISE OF THE MONTH:

How much is too much?

This month we are not going to talk about any specific exercise but exercise in general.

I often get asked how many times we should exercise in a week, and my answer is normally no more than 3 times per week.

The reason for this is that exercise causes damage to soft tissue and muscle and also stimulates the immune system, increasing white cell counts.

The key then to maintaining healthy tissues and immune systems is to allow a full recovery. It has been shown scientifically that muscle and soft tissue cells require about 48 hours to recover as does the immune system.

The down-side is that while the white cell count goes up during exercise, the numbers drop well below normal levels in the 24 to 48 hours after exercise, thus jeopardising the immune system.

If exercise is being used just for general fitness then 3 times a week is fine, although there is new evidence that quick burst exercises can be done even once or twice a week and can still be effective. So whatever your choice is, remember less is more.



BRAIN TEASER OF THE MONTH

One snowy night, Sherlock Holmes was in his house sitting by a fire when a snowball came crashing through his window, breaking it. Holmes looked out the window just in time to see 3 neighbourhood brothers, John, Mark and Paul Crimson run around the corner. The next day Holmes got a note that read, “? Crimson. He broke your window.” Which of the brothers should Sherlock question?

Have a laugh



Tip of the month: Wi-fi radiation, how to protect yourself

- Avoid placing a wireless router in your kitchen or bedroom.
- Do not keep the phone in your pocket.
- Use wired phones when at home, to reduce electromagnetic radiation.
- If you're pregnant, don't keep the phone close to the belly.
- Make sure you keep your phone at the other end of the room, or on the seat of the car.
- Use texting more than talking.
- Do not use wireless baby monitors, as they all operate on microwave frequency.

Mark Crimson, as the ? In the note = question MARK, hence "Question Mark Crimson..."

Healthy living column

We are introducing a healthy living column with general information on health and vitality. We hope you enjoy it.

Sometimes, the body has a strange way of telling us that something isn't right. One such odd way is twitching before falling asleep. Sounds familiar? Don't worry; you're not the only one. After a long day, you're finally in your cozy bed and you're ready to sleep. However, your falling asleep is disrupted by sudden twitching of the body and leaves you wondering what's wrong.

According to scientists, this phenomenon is known as the hypnic twitch characterized by a feeling of falling resulting in a twitching of the body. Some of the reasons behind this phenomenon may be caffeine consumption before bed or certain medications. This phenomenon is also present in overly-exhausted individuals who finally lie down to sleep and the twitching occurs as a consequence of falling asleep too fast. As a consequence, the brain cannot keep up with the sleep phases.

Namely, when the brain is confused, it restarts and wakes you up with a burst of chemicals. Although this isn't bad for your health, it's not fun to experience.

Answer: