

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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Carpal Tunnel

Carpal tunnel, like sciatica is an often over-used term for pain in the hand/wrist.

To know you have carpal tunnel you need to have symptoms in the thumb, index finger, middle finger and the inner half of the ring finger **ONLY**, it will not include the little finger.

The causes of carpal tunnel are varied but generally it is a tightening of the band of soft tissue that wraps around the front of the wrist trapping the Median nerve that supplies sensation and muscle to the thumb-side of the hand.

The symptoms can include pins & needles, pain and numbness in the fingers mentioned above and the thumb-side of the hand.

In many cases this can be successfully treated with Physiotherapy but the initial dysfunction could begin as high as the shoulder/neck, so these areas require investigation as well.

In those cases that cannot be resolved by Physiotherapy, surgery is often the choice for resolution, but even then it is worth getting some work done on the soft tissues of the arm.

8/5-7 Lavelle Street, Nerang, Queensland, 4211

Tel: 07 5596 4711 | Web: www.nerangphysio.com Email: nerangphysiotherapy@onthenet.com.au



Not all injuries are what they seem

There is a common conception about acute injuries that the injury was something that happened then and there, however it is not uncommon in many cases that the actual tear or strain or sprain is just the end result of a build-up that has taken place long before.

This leads to incomplete treatments as the original area of dysfunction is missed and all the focus is on the actual injured area.

Our bodies are incredibly versatile and can put up with huge amounts of stress before giving way, and it is usually when we slowly use this ability to give in to the stresses of sports or exercise that something has to give.

When we look at a tendon Achilles tear as an example, this tendon can quite comfortably

withstand the entire body weight and more, so there is no way it will just tear during a simple push off action as in sprinting or jumping.

It usually indicates the tendon was already under abnormal load even at rest, due to calf fascia tension which is likely due to weak hip muscles. This means it's starting point for taking load is different and it cannot accept even normal load at the time of injury.

So investigations must include the possibility the injury was an end result of other mechanical changes that have taken place prior to the injury, and if these are assessed and treated then we are removing as many obstacles as we can to allow for full recovery of the injured area.

This is our approach at Nerang Physiotherapy where we seldom focus **ONLY** on the injury, but look further afield to restore all function related to the injured area.

News

We would like to welcome Summer Gould to our team. She is a Mind-body Nutritionist, so not just a dietician but someone who can help you restore mind and body connections to lead to better health and nutritional balance. For an appointment, please call us on 07 5596 4711.

EXERCISE OF THE MONTH:

Cross crawl

This is one of the most amazing exercises we can do on a regular basis. It can be done just about anywhere.

The Cross crawl exercise is walking on the spot with a bit of exaggeration. What it does is mimic the walking action which stimulates brain activity as it demands left and right brain work to co-ordinate the movements.

Many gym exercises use symmetrical actions where both arms or legs are doing the same thing at the same time, so this switches the brain off as both side are doing identical things.

So to do this start with a gentle walking on the spot then begin to move your arms and legs towards the centre of your body so it produces more rotational movements.

This exercise can be used to improve brain function, improve learning abilities, reduce dyslexias or just restore balance back into the body. 2 minutes a day is sufficient.

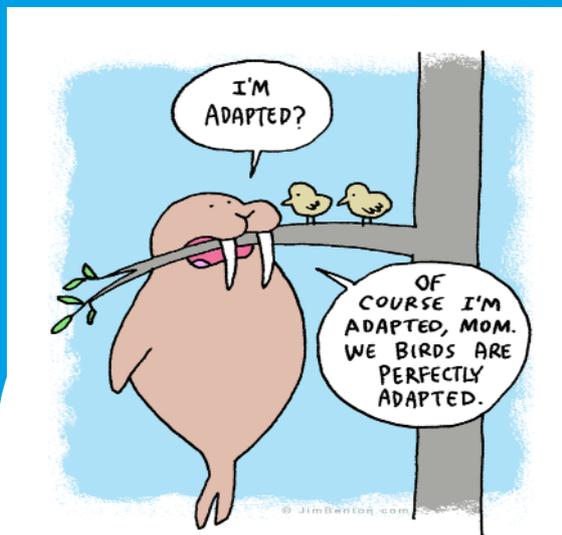
To boost oxygen levels breathe deeply while you do this exercise, in through the nose and out through the mouth. Enjoy.



BRAIN TEASER OF THE MONTH

1. What has four legs and a body but cannot walk?
2. How can you make six into an odd number?
3. What water can you eat and chew?
4. I can be liquid or solid, sometimes I bubble and you can find me in every home. What am I?
5. Why didn't Adam and Eve have a date? (Answers below)

Have a laugh



Tip of the month:

Don't look directly into the sun...only kidding (but don't anyway!) Did you know sitting behind a desk all day can be just as harmful as being active all day in a form of overuse. The reason being you are not moving your legs much and this puts strain on your nervous system to get blood flow to your legs as the muscles are not helping to pump the blood. So if you sit for long periods keep moving your legs about from side to side, up and down and pump your calves up and down to help move blood through your legs. This will ease the strain on the nervous system and prevent fatigue of the nervous system.

Healthy living column

Health tips:

Mental Health

1. Build relationships
Having good relationships with other people is the most important factor contributing to a sense of well-being. This can include family, friends, workmates and others in the community. Investing time and energy in your relationships can lead to great benefits for all involved.

2. Exercise and stay healthy
Exercise has been shown to increase well-being as well as reduce symptoms of depression and anxiety. Good physical health is related to better mental health so a healthy diet, avoiding excess alcohol or drugs, getting a good night's sleep, and regular check-ups with the doctor can all help.

3. Develop gratitude
Count your blessings. Try keeping a gratitude journal and write down 3 positive things each day. This can lead to increased well-being.

4. Identify and use your strengths
We all have different strengths and weaknesses but finding out what you are really good at and using those talents can increase well-being. Using your strengths to help others or contribute to the community creates a sense of meaning and purpose.