

NERANG PHYSIOTHERAPY

Peter Mitchell

Sept
2017

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

The dangers of over-training

With the recent death of another top athlete from heart issues, we need to become aware of one of the common problems athletes and those exercising frequently are facing.

With the high demand for fitness comes the danger of over-doing things. Exercise puts a huge load on the circulatory system which consists of the heart, the original pump and the blood vessels which drive the blood around the body.

The heart does less than 50% of the work to get blood through the body, the rest is done by the blood vessels, muscular tubes controlled by the Sympathetic Nervous System.

However, if demand for blood flow exceeds what the nervous system can deliver, it becomes fatigued. This means the blood vessels cannot do their part of the work and puts excessive pressure on the heart, which at some stage will be unable to cope.

At this stage the heart could fail from overload. To prevent this, exercise in moderation and have regular check-ups with your GP. Stay healthy.



Inside-out

One of the interesting things about the body is how it deals with stressful loads and how it tries to prevent injury or pain.

Our bodies are designed to survive and they will do whatever is necessary to keep going. Unfortunately the body has limits and once reached, pain and dysfunction will occur as a signal from the body that something is not right.

The tricky bit comes in now trying to figure out where the problem started. Symptoms in the most cases can be misleading.

For instance most shoulder problems that occur with no known injury to the shoulder stem from the neck and upper back. As the problem worsens

the signs and symptoms move outwards towards the arms affecting shoulders, elbows or wrists.

If we just focus treatment on where the symptoms may arise we will miss out on the possible origin of the problem. This can lead to incomplete treatment or no full recovery.

Similarly hip, knee and foot pain can stem from changes in the lumbar area, be it in the nervous system or the back muscles.

In reverse when treatment is successfully applied to the causes of the problem, signs and symptoms tend to ease from the periphery to the centre (outside-in). For example pain in the forearm may settle before pain in the shoulder, then the neck will settle and so forth.

Pain: where it is - it ain't!

GENERAL NEWS

Spring is in the air and the days are warming up quick. Sunscreen time. Why not try our non-toxic Neem-enriched sunscreen and moisturiser to protect your skin without fear of nasty chemicals found in many sunscreens. Get yours now.

EXERCISE OF THE MONTH:

Standing overhead extension

One of the demands on the body on a daily basis is fighting against gravity. We constantly have to keep upright using our muscles correctly.

Over time we might tend to slowly give in to the pressure of gravity and this can result in us becoming shorter through changes in the soft tissues.

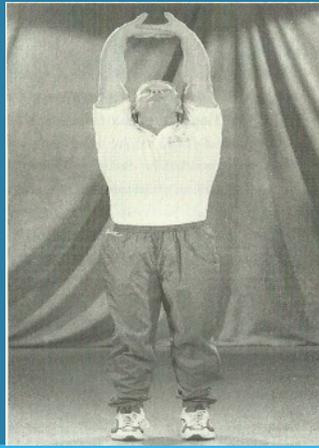
Out cells in our soft tissues constantly move about in many directions to maintain our posture and if we allow these cells to become weaker or more static we will become less mobile.

To help in keeping our elongated posture this exercise is great. Lengthening the body in any way can maintain a better more dynamic structure and can help defeat the drag of gravity.

Stand with feet shoulder-width apart. Reach up as high as you can with your hands, fingers interlocked. Keep your elbows as straight as you can and look up at your hands.

Try get the feeling of your arms growing in length as you hold this position for at least 1 minute. Feel your entire body stretching as you take nice slow deep breaths.

This technique is good for all stretches, getting the feel of lengthening to defeat the shortening effect of gravity and other stresses.

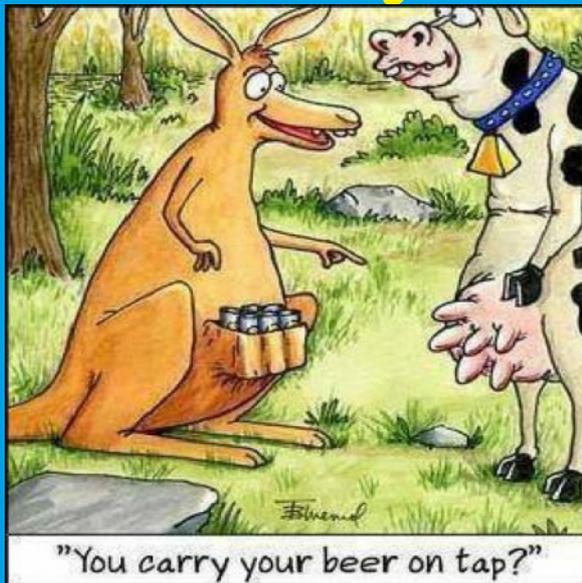


BRAIN TEASERS OF THE MONTH

1. What is greater than God,
more evil than the devil,
the poor have it,
the rich need it,
and if you eat it, you'll die?

2. Who makes it, has no need of it.
Who buys it, has no use for it.
Who uses it can neither see nor feel it.
What is it?

Have a laugh



Tip of the month:

Natural Hygiene teaches that the human body's digestive system goes through 3 eight-hour cycles every 24 hours:

- Noon - 8pm: Appropriation of food (eating and digesting)
- 8pm - 4am: Assimilation of food (absorption and use)
- 4am - Noon: Elimination (excretion of waste products)

Therefore when we eat is as important as what we eat. Eating a big breakfast interrupts the Elimination cycle, just as eating late at night interrupts the Assimilation cycle. Try sticking to nature's cycles for better gut health.

Beyond the pain

If you have ever experienced pain you will realise it is not a pleasant thing. What we also need to realise is the pain itself is not the necessarily the problem.

Pain is a symptom telling us there is a problem somewhere, not even where the pain is. Generally if you treat the real cause of the problem this relieves the stress in the area and the pain eases.

If you feel the need to take pain-killers, that is fine, just understand you are ONLY treating the symptom not the cause.

In many painful conditions of a muscular nature there will ALWAYS be muscle weakness and soft tissue tightness. These imbalances can easily be assessed despite you having relief from pain through pain-killers or anti-inflammatories.

So don't just sit back thinking you are fine because the pain is gone, come in and see us as we can expose the real reasons you are in pain and eliminate those, giving you much less chance of the problem reoccurring.

Answers:
1. Nothing
2. A coffin