

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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Baker's Cyst

Many people tend to get a bit scared when they get told they have a 'cyst' behind the knee as it sounds bad, however a Baker's cyst is not really so.

This cyst is a naturally occurring sack of fluid behind the knee designed to decrease the load on the knee joint if the joint becomes swollen.

So if the knee joint is injured or over-strained the inner capsule of the joint will increase the fluid inside it. This can put unnecessary pressure on some joint structures and result in pain. Therefore in the early stages of knee strain the fluid is pushed out into the Baker's cyst to relieve some of that pressure.

As you can see, the cyst is not the issue, it is only doing its job, yet it seems to get the blame for causing knee pain. What needs to be done is to find the true cause of the stress on the knee and treat that.

This will reduce the knee strain and thus reduce the fluid in the capsule, which will allow the Baker's cyst to reduce in size and relieve the pain.

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News

So we are well into Spring now and the weather is warming up again. Don't forget to get some sun on your skin during the day where possible to keep your Vit D3 up, this can help fight cancers and other diseases. Half an hour on your face and skin will do it.

THIGH PAIN

Thigh pain is quite commonly a non-traumatic type of pain that can be quite debilitating as it affects many things we do on a daily basis.

If there has been no contact injury to the thigh then we will see that the pain is an end result of some form of compensation for other under-working muscles.

The thigh muscles are made up of many muscles including the quadriceps, tensor fascia lata and sartorius muscles. All of these connect from the pelvis to below the knee, therefore affecting mechanics of both the hip and the knee.

Pain that occurs without trauma will mostly stem from weak hip muscles. These muscles are designed to stabilise the pelvis and give us a solid platform from which we can move. The pelvis

supports the upper body and allows the legs to function.

If for any reason the hip muscles become weak they lose control of the pelvis and its stability, thus forcing the thigh muscles to work harder to attempt to keep the pelvis from tilting.

This over-use results in the soft tissue coverings of these muscles, known as fascia, to tighten, limiting the space these muscles have to work in and also causing pain due to increased strain on pain-sensitive fascia in the area.

So to treat the pain in the thigh it is important to assess the strength of the hip muscles first to see if they are doing their job. If not, which is commonly the case, then they need to be restored first to reduce the extra load on the thigh muscles, and then the fascia of these muscles needs to be released to restore normal mobility.

This will then relieve the pain and allow normal function.

EXERCISE OF THE MONTH:

Sinus Clear

DO you ever get blocked sinuses, or feel you cannot get enough air through one or the other nostril?

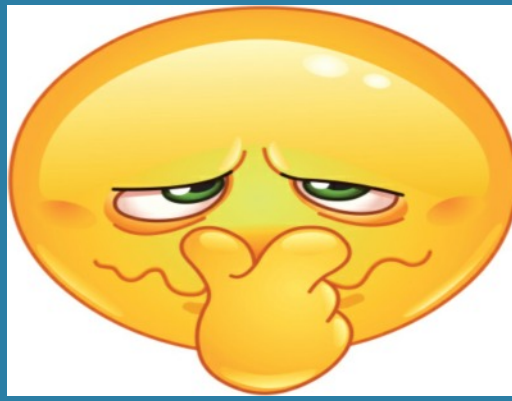
It is common that we have one nostril always working better than the other and this will alter from nostril to nostril. However, when we breathe too much we lose CO2 which is a natural dilator of our airways.

To assist in clearing the airways and increasing CO2 levels try the following exercise.

Take 2 deep breaths through the nose and after the 2nd out-breath do not breathe in. Instead hold your nose tight and gently nod your head up and down until you feel the urge to breathe in again.

Breathe in gently through the nose again and see how it feels. If not clear yet, repeat the exercise until your nose feels clearer.

This exercise can be done at any time and any place.



BRAIN TEASER OF THE MONTH

Manhole covers for sewer drains are typically circular in shape (the ones that are removable anyway). This shape has an important advantage over a square or rectangular shape. Can you figure out what that is? (Answer below)

Have a laugh



Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.

Tip of the month

There is a Chinese proverb that goes:

“Face your back to the breeze, and face your front to the coffin.”

This indicates the importance of covering up your back and not exposing it to sudden changes in temperature that are not controlled. A back full of perspiration suddenly cooled by a wind or aircon can force blood from your skin into your gut, chest or throat, resulting in sore throats, chest congestion or gastro-enteritis. Keep covered with one more layer than you think, especially your children.

Healthy living column Health tips:

- Eat vegetables and fruit: Vegetables and fruits are loaded with prebiotic fiber, vitamins, minerals, and many antioxidants, some of which have potent biological effects.
- Eat enough protein: Eating enough protein is vital for optimal health. High protein intake can boost metabolism significantly while making you feel full enough to automatically eat fewer calories. It can also reduce cravings and your desire to snack late at night
- Do some cardio: Doing aerobic exercise, also called cardio, is one of the best things you can do for your mental and physical health. It's particularly effective at reducing belly fat, the harmful type of fat that builds up around your organs. Reduced belly fat should lead to major improvements in metabolic health.