

# NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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8/5-7 Lavelle Street, Nerang, Queensland, 4211  
Tel: 07 5596 4711 | Web: www.nerangphysio.com Email: nerangphysiotherapy@onthenet.com.au

## Varicose veins

This is an interesting condition because the veins tend to get all the blame and yet they are only doing what they can with what they have got.

The way the veins of the arms and legs drain is called the Venturi effect. Fluid generally flows from a high pressure to a low pressure in a closed system.

The external veins in the limbs are drained by the speed at which the blood is flowing in the deeper veins where quicker speeds lead to less pressure in the deep veins. So now blood in the external veins will be higher than the inner veins and this will mean blood flows (or is drawn in) from the external veins to the inner veins.

There are valves in the external veins preventing blood moving backwards but if the flow in the inner veins is slow, this increases the pressure in them thus causing a back-flow into the external veins, damaging the valves and leaving excess blood in the external veins.

Prevention and treatment is available before valves are damaged with our unique Myo-flow which restores blood flow rate.



## Heel pain

Most injuries in the foot ankle region will tend to be slower in recovery than many other parts of the body as we are unable to give the feet a rest for a large part of the day.

Heel pain is one of these and unless we can walk on one leg for a month it will take time to repair heel pain.

Most heel pain is insidious, i.e. it starts without any obvious trauma. In most cases the heel becomes a victim of weakness higher up the mechanical chain, usually in the hip.

The large power muscles in the hip support the lower leg so the leg muscles can do what they are designed to do and that is control the knee and ankle joints.

So if for any reason the hip muscles become weak, commonly through overuse or poor blood flow rate, then when you walk on that leg the hip muscles do not contract fully to stabilise the pelvis and you walk with a limp.

This means you land heavier on that leg and this will mean more stress through the heel and can feel like the heel is bruised. If you listen to someone walking with a weak hip you can hear the sound of their heel strike being heavier on the weak side compared to the strong side.

Added to this you will then have to push off more load on the weak side and this uses more calf muscle activity to do so, which in turn causes the soft tissue of the calf muscles to become tight, thus putting more strain through the tendon Achilles and into the heel.

So in order to repair heel pain, it is imperative to assess and treat any weakness in the hip muscles to remove excess load on the calf muscles and heel. Then the heel will have a chance to settle.

## News

Happy New Year to everyone, we certainly hope you had a wonderful holiday and kept safe and healthy. We are happy to continue to offer you our best service available to give you a better way of life.

## EXERCISE OF THE MONTH:

Knee exercises  
Eccentric knee extension

There are 2 types of contractions when it comes to the muscles. One is concentric contraction, which means you contract a muscle to pull on part of the body closer to the other, e.g. bending the elbow.

The other form of contraction is called eccentric contraction. This is when the same muscle is allowed to lengthen but is controlled, e.g. lowering your hand after bending the elbow. This movement of lowering the hand, if done slowly uses 30% more muscle activity than bending the elbow.

So if you do any exercise and want to do 30% less repetitions and effort but still get the same results, use eccentric contractions. To improve further you can use weights.

So for this exercise, sit in a chair, do not use the backrest, and have your knees bent at 90 degrees. Straighten one knee fairly quickly to the count of one, then lower it slowly to the count of 4. Repeat this 5 to 10 times on each leg.

Once you have done this stand up and bend your knee fully to ensure a good full range of soft tissue motion to prevent stiffness.



## BRAIN TEASER OF THE MONTH

The person who makes it has no need for it. The person who purchases it does not use it. The person who does use it does not know he or she is. What is it?

Answer below.

## Have a laugh



## Tips of the month

*'They laugh at me because I am different.  
I laugh at them because they are all the same.'*  
- Kurt Cobain

*Are you a sheep or are you a lion? When times get tough lions roar, there's nothing wrong with being different.*

## Did you know?

Cloves and lemons.

Did you know adding cloves to lemons or limes can keep bees, mosquitoes, wasps and flies away?

Cloves are a very widely used anti-parasitic in many traditional health areas. They can kill eggs of worms in the gut to reduce cancer rates, can numb the gums for toothache and can also be used to reduce grey hair.

In this segment we will show you how to use cloves as an insect repellent and then I will show you what I did to go one further.

Cloves are powerful fly repellents, as flies detest their scent. Many insects do not like herbs with a strong aroma, so it would be useful to keep a pot of mint close to the doorway as well. Lemon is also a strong fly repellent. For best effects you can combine the 2. Cut 2 lemons or limes in half and add 6 - 12 cloves to each half, pushing the cloves into the flesh of the fruit.

Now place the halves on a plate in the middle of your picnic table or out on the verandah near the BBQ and enjoy a fly/mozzie free day.

I took this one step further as a trial and made a spray, and it seemed to work. Take a tablespoon full of cloves and put in a small pot. Cut up a lemon or lime into small chunks, pith included and add to the pot. Add water and bring to the boil and then simmer until the colour changes to a darker colour.

Let this cool and strain the liquid, then add to a small spray bottle and then spray this on you before going out.