

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Your pain and you

Some of the most common comments made by patients include, "I did not do anything to cause my pain..." or "I just woke up one morning with pain..." or "I don't remember doing anything to cause it..."

We all know the pain that comes with trauma, we get a kick to the shin, stub our toes, get tackled in rugby, etc. but what about those pains that appear as if out of the blue with no obvious cause? Where does this begin?

My experience in the last 2 decades has resulted in a proposed chain of events that lead to the most common of pains that we experience. This chain of events occurs mostly without our knowledge and only becomes evident when pain strikes.

The problem is that when the pain does strike we are led to believe that THAT is when the problem began, however, in the majority of cases the problem started many days, weeks, months or even years before.



## Is swimming good?

For a long time now we have been told swimming is a good exercise as it removes the stress from the joints that can be present in weight-bearing exercises.

This is true, however there are some negatives associated with swimming that can be harmful to our bodies.

One aspect of exercise often ignored is the fact that the body does not enjoy symmetrical exercise, i.e. both arms or legs doing the same thing at the same time. For example breast-stroke, butterfly or sit-ups and push-ups, etc.

These exercises utilise both sides of the brain the same and thus the 2 halves of the brain no longer communicate to control movements. This stresses the body and results in a form of dyslexia.

Kinesiologists have noted this for a long time now and always advocate

## News

We would like to wish all those children/young adults who have completed or are completing year 12 good luck. May your future be bright and your choices be the right ones. Work hard, be happy and greatness will follow.

asymmetrical exercises that mimic the body's natural gait, such as step machines, ski machines, etc.

As we cannot breathe underwater, it is necessary to come up for air when swimming, but the tendency is to mouth breathe and this is stressful to the body. Mouth breathing is usually a stress response to increase oxygen levels in the body but should not be used on a regular basis.

Swimming overworks this stressful breathing pattern and can lead to poor breathing habits, lower CO2 levels and tight airways. Exercises that allow for nose breathing are more efficient for the cardiovascular system.

Despite the negatives, swimming can be fun and there is a safe swimming stroke that can be used to prevent dyslexia and mouth breathing and this is the life-saving or side stroke. Both arms and legs are doing different things, reducing brain dyslexia and you can nose breathe (as long as you don't splash too much!).

## EXERCISE OF THE MONTH:

### Safe exercising for children

Safe exercise for children means making sure the sporting environment is safe, checking that equipment is appropriate, and the conditions are right for the age and fitness level of the child.

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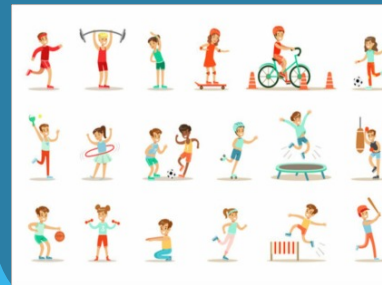
Parents and other adults can take steps to help prevent injuries at children's sporting events.

Warming up, cooling down and preventing sunburn and dehydration are important elements of safe exercise for children.

Overuse and over-training are some of the main reasons why children get injured or even worse, end up in a state of fatigue. Ideally everyone requires a 48 hour rest and recovery period after any exercise. Failing to do so can lead to weakening of the immune system, fatigue and injury.

You do not get fit through exercise, you get fit through recovering from exercise.

Enjoy.



## BRAIN TEASER OF THE MONTH

In a large, completely empty, wooden barn is a dead man hanging from the middle of the central rafter. He is hanging three feet off the ground by a rope ten feet long. The closest wall is 20 feet away from the hanging man. It would not be possible to climb up the walls or along the rafters. Below him is a puddle of water. How did the man hang himself?

Answer below.

## Have a laugh



## Tip of the month

"When children aren't given the space to struggle through things on their own, they don't learn to problem-solve very well. They don't learn to be confident in their own abilities, and it can affect their self-esteem. The other problem with never having to struggle is that you never experience failure and can develop an overwhelming fear of failure and of disappointing others."

"Both the low-confidence and the fear of failure can lead to depression, anxiety, or self-doubt." - Madeline Levine

Answer: The man stood on a block of ice and hung when it melted.