

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Pain behind the eye

This unusual type of pain has a very interesting origin and has very little to do with the eye itself and examination of the eye or muscles surrounding the eye offer little in relief.

Most muscles in the body if they are tight or malfunctioning will refer pain to somewhere on the same side of the body. There are few muscles that can refer pain to the opposite side of the body.

One of these muscles is called the Sterno-Clydo-Mastoid, the long neck muscle you can see to the front/side of your neck when you turn your head.

This is a unique muscle given it has nerve supply directly from the brain as well as from the spine as it has to protect the sensitive structure in the neck like the large blood vessels and nerves.

If this muscle develops tension and trigger points, it often refers pain to behind the eye on either the same side or the opposite side and this pain can feel worse if you look up with the eyes.

Treatment for this will involve releasing the tension in the muscle sheath and restoring mobility.



News

Great news, Iixa will be starting back at work this week, but she has been restricted to 3 hours a week at this moment so she will be in on Wednesdays only to start with. Thank you for your patience in the time she has been away.

Jaw clicking

Many people suffer from clicking of the jaw, but very few understand the mechanics of this symptom.

Jaw clicking can involve one or both jaw joints and commonly points towards some form of stiffness or lack of mobility in the muscles or soft tissues of the muscles that control jaw movement.

The jaw joint is a very precise joint and unique in a way that both sides work in symmetry the majority of the time. If one side of the jaw's muscles are out of sync the entire jaw system will be thrown out of order.

The most common cause of clicking is the excessive forward movement of the lower jaw bone where it inserts into the jaw joint just behind a small disc.

The reason for most clicking is the top of the bone that enters the joint will move too far forward and flick over the disc making a clicking noise. There can also be a click on return back into the resting position.

Now the reason for this forward movement has nothing to do with that side of the jaw. It usually points to tension in the muscles and their sheaths on the other side of the jaw.

When these muscles get tight and you try to open your mouth, the opposite side to the click does not open fully and to compensate for this, the looser side will open more than normal causing a click.

So when treating this type of issue it is vital that both sides of the jaw be examined for movement and tension in the muscles to ascertain where the lack of symmetry is.

Releasing the tension in the opposite side usually resolves this issue and regains the balance and correct movement of the bone in the jaw joint.

EXERCISE OF THE MONTH:

Knee exercises
Prone knee extension

Following on from the knee eccentric exercises, this following exercise is to strength the front thigh muscles further, or can be used as an alternative exercise.

If you are not comfortable lying on your stomach then do the sitting exercise from the previous newsletter.

Here we will be using the other leg to resist the movement of the active leg. So, lie on your stomach, bend your knees to about 45 degrees and hook the non-active foot under the active one.

Now push down with the active leg resisting slightly with the non-active one. This resistance can vary depending on how much effort you want to put in.

Push down till your feet hit the floor and then repeat this 10 times, then swap legs and repeat.

An alternate to the resistance is that you can resist fully and prevent any movement at all. This is called Isometric exercising, where you prevent the active leg from moving with your other leg and hold for 7 seconds, then relax and repeat.

Never exercise into any pain.



BRAIN TEASERS OF THE MONTH

1. I sit in a corner
And travel around the world.

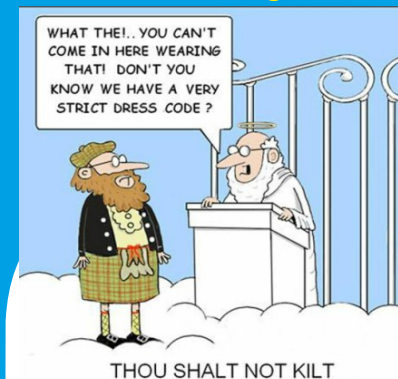
What am I?

2. Mary's father has 5 daughters:
Nana, Nene, Nini, Nono, and ____.

What is the fifth daughter's name?

Answers below.

Have a laugh



Tips of the month

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

Buddha

Did you know?

Digestion

Did you know digestion begins in the mouth, in fact it can start even before food enters your mouth?

Have you ever noticed an increase in saliva in your mouth when you smell food? This is the earliest start of digestive enzymes entering the mouth in preparation of the digestive process.

Once food is in the mouth, further release of enzymes takes place, and then the real action starts, chewing.

The action of chewing stimulates the main release of enzymes into the mouth via the saliva glands, thus it is vital that you chew your food a lot until it is virtually a paste. This reduces the activity in the stomach, the only acidic part of the gut and allows for maximum breakdown of the food before it enters the small intestine where it will be absorbed into the blood stream.

So, to prevent gas, bloat, irritable bowel, and heart burn, chew your food at least 50 times to break it down.