

NERANG PHYSIOTHERAPY

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The difference is obvious

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Heel pain

This often debilitating pain commonly has its origins in the hip and the foot and heel become victims of the need to over-compensate for weakness in the hips.

Unless there is direct trauma to the heel/foot, the most likely cause is changes in strength and flexibility in the hip, thigh and calf often due to some form of overuse be it sports, standing for long periods, even sitting for long periods.

This overuse stresses the nervous system that controls the blood flow to the legs resulting in weak hip muscles. This forces the body to compensate in the thigh and calf to stabilise the pelvis and leg.

Because of this more load is put onto the leg and thus more load has to be pushed off, resulting in the overuse of the calf muscles. This causes tightness in the calf soft tissues which strains the heel and can result in heel pain or Plantar Fasciitis.

At Nerang Physiotherapy we assess all function from the hip to the foot to see where the true cause is and also incorporate Myo-flow to treat the blood flow to the leg. All this gives great results.

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GENERAL NEWS

We sincerely hope you had a good and safe Easter, the weather has been just awesome. We look forward to seeing you again and helping bring life and vitality back to you. Our commitment to getting you pain-free never wavers. If you are happy with our service please don't forget to tell your friends, family and GP.

STRESS IS IT ALL BAD?

Stress is a very common daily event. All you have to do is open a newspaper or online news site and you will be stressed, whether you feel it or not.

The important thing to remember about stress is that it is NOT the problem! It is how your body is designed or trained to deal with the stress that is key to how you react.

There are generally 2 types of stress, a positive form of stress called Eu-stress and a negative form called Distress. Eu-stress is that type of stress that is converted into something positive, e.g. you get bullied but you turn become a stronger character because of it.

Distress is easier to understand as it is more common, where we get stressed and it results in negative emotions, actions and feelings and can cause illness.

When we get stressed it causes many chemical reactions in the body, the common one being the release of cortisol, the majority of which are found in the gut. These are known to be a major cause in leaky gut syndrome.

The key to reducing the harmful effects of distress is to have a strong bodily constitution, good health and diet, a positive attitude to all things and a plan to deal with the stress.

There are many ways we can cope with stress better, e.g. meditation, deep breathing, exercise, Acupuncture, Kinesiology, good diet, etc. Avoidance is obviously one key factor as avoiding stress where possible will mean you don't have to react to it.

So remember, not all stress is bad, if you have a plan to deal with it you can turn it into a positive result. Our approach to stress at Nerang Physiotherapy is to build a good foundation so you can avoid the harmful effects and live a happier life.

EXERCISE OF THE MONTH:

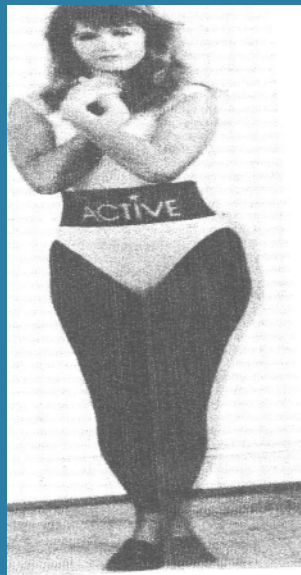
The hook up

If you are right-handed cross the left ankle over the right (for golfers you can do this on the tee). Then with straight arms put the back of your hands together. Lift the right hand over the left and face the palms together. Gently clasp the fingers together and bring the hands up and under to rest on the chest (see pic).

Breathe deeply and comfortably, touching the tongue on the roof of the mouth on each inhalation and relaxing the tongue on exhalation. Do this for a minute or two or until you feel relaxed. Untwist your hands and feet and stand flat footed with fingertips touching and continue to breathe as described above.

These exercises created by Wayne Cook, an expert in electromagnetic energy, help to harmonize the body and mind and can be used to release emotional stress, thereby enhancing comfort, balance and coordination. Try this at home or on the golf course or in any other stressful situation.

Have a laugh



BRAIN TEASERS OF THE MONTH

A pot contains 75 white beans and 150 black beans. Next to the pot is a large pile of black beans. A somewhat demented cook removes the beans from the pot one at a time according to the following strange rule: He removes 2 beans from the pot at random. If at least one of the beans is black, he places it on the bean-pile and drops the other bean no matter what colour, back in the pot. If both beans are white, on the other hand, he discards both of them and removes one black bean from the bean-pile and drops it in the pot. At each turn of this procedure, the pot has one less bean in it. Eventually just one bean is left in the pot. What colour is it?

“Playing golf isn’t a matter of life and death...it is much more important than that!”

Tip of the month:

Standing desks - how to

If you have evolved to using a standing desk it is important to know how to correctly stand while at the desk. If you stand with your feet next to each other you limit the surface area you stand on. This means when you lean forward it is the back muscles holding you up which can lead to back pain. Try standing with feet shoulder width apart but also with one foot moved forward a bout the length of a foot, as if you’re taking a step forward. This means your legs carry the load not your back.

White. The cook only removes the white beans two at a time and there are an odd number of them. When the cook gets to the last white bean and picks it up along with the last black bean, the white one always goes back in the pot.

Hints:

Golf body

The pull or low hook shot:

This next shot in the series is not just an amateur problem. I have seen Ernie Els have the same problem many years ago, just before he suffered his back pain. The reason for both? Weak right hip muscles.

When the club is swung back the weight is shifted to the right hip. If the muscles of the right hip are weak (usually due to poor blood flow and/or tightness), there is a tendency to ‘sit’ on the right hip. The body weight drops onto the right side instead of remaining level.

This results in a ‘collapse’ of the right side and at the changeover into the down swing, the body’s weight cannot move to the left quickly enough, leaving the weight on the right side at impact.

So when club hits ball (if you don’t hit the ground before the ball) the club face is closed, the hands have already turned over and the ball flight is left, left and more left!

A quick correction would be to position the ball towards the right foot at address or keep the weight more to the left side on the back swing.