

# NERANG PHYSIOTHERAPY

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The difference is obvious

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## Why do children not get treated for whiplash?

Having being in a head-on car accident when I was 4 years old and thrown around the back of the car, I know what it is like to suffer at a later stage.

Yet I have treated a couple of victims lately who had their sons in the car with them when they were impacted by another car. Yet neither child was treated for whiplash.

The reason for this was despite feeling some neck pain and stiffness initially, they felt better later and therefore it was thought they would be alright.

This is a common mistake as there are usually underlying signs such as muscle weakness and stiffness as well as nervous system dysfunction that can be assessed and treated to prevent future complications.

Don't let your child suffer when it can be avoided!

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## Wry neck (Torticollis)

This debilitating neck condition can happen to anyone at any time, but it does indicate the body has been compensating for some form of imbalance prior to the acute spasm.

Commonly the attack happens in the morning which may show the neck was not receiving a good enough resting blood flow rate over night, causing the soft tissues to slowly tighten. All it then takes in the morning is a sudden, not even forceful movement and the muscles go into spasm.

The neck then gets locked into position with the head tilted to one side and turned to the opposite. This is mainly caused by the spasm of the Sterno-

cleido Mastoid muscle, the long one that can be seen standing out in the front of the neck on both sides when turning the head.

To treat this we need to understand the possible events that have gone on before the attack. So we need to look at the Sympathetic nervous system that controls the blood flow, to ensure we have maximum blood flow rate.

Then it is about slowly releasing the soft tissues of the neck and guiding the neck into a state of ease. In most cases progress will be slow but steady and generally will take 3 to 5 days to fully recover.

The important thing after recovery is to ensure the underlying foundations of the condition are maintained, i.e. the Sympathetic nervous system and soft tissue flexibility.

## GENERAL NEWS

We would like to introduce our new promotion, Welcome Wednesdays where non-existing patients can come in for a FREE consultation and discuss whether Physiotherapy can help their problem. Call now to book your appointment.

## EXERCISE OF THE MONTH:

### Breathing for neck pain

1. In the standing position inhale through your nose, bend over and reach for your toes, stretching your back. Go only as far as you can without feeling discomfort.

2. Stretch out your neck as a turtle would while exhaling through your mouth slowly. Feel the stretch along the back of your neck. Return to the standing position.

Repeat steps 2 and 3 six to 24 times.

Cool down by sitting on a chair, cross-legged if you are able, breathing in through your nose, holding for 2 seconds while imagining warmth flowing in through your head. Exhale through your mouth imagining cold leaving your body.

Do this whenever you feel you require some relief.

## Have a laugh



## BRAIN TEASER OF THE MONTH

Acting on an anonymous phone call, the police raid a house to arrest a suspected murderer. They don't know what he looks like but they know his name is John and that he is inside the house. The police bust in on a carpenter, a lorry driver, a mechanic and a fireman all playing poker. Without hesitation or communication of any kind, they immediately arrest the fireman. How do they know they've got their man?

## Tip of the month:

If you have had pain for more than 48 hours it requires attention. Especially if the pain arose from no obvious trauma to the area. This type of pain usually is an end result of a series of changes the body has gone through, doing what it can with what it has to keep going but eventually something has to fail.

Don't fall into the trap of seeing if it will go away, pain does not arise unless there is a problem and 'seeing how it goes' allows the problem to fester. Early intervention is essential not to mention less expensive.

The fireman is the only man in the room. The rest of the poker players are women.

Answer:

## Pelvic balance and pregnancy

One of the most common complaints during pregnancy is lower back pain, often accompanied by hip and/or leg pain.

The cause of this is similar to the cause of most lower back pain, that is, hip muscle weakness. Weak hip muscle occur due to tightness developing in the soft tissues of the hip which restricts the space for the muscles and also limits blood flow to the muscles.

At Nerang Physiotherapy we assist in maintaining good hip muscle strength and flexibility through gentle soft tissue work enabling the back to be well supported by the hips and prevent back pain from occurring.

Incidentally it has also been shown that keeping good pelvic balance also reduced labour time. So call us now to get your hips back in tune and have a pain-free pregnancy.