

# NERANG PHYSIOTHERAPY

Peter Mitchell

The difference is obvious

Dec  
2015

Unit 8/5-7 Lavelle Street, Address Line 2, Address Line 3, Nerang

Tel: (07) 5596 4711 | Web: [www.nerangphysio.com](http://www.nerangphysio.com) Email: [nerangphysiotherapy@onthenet.com.au](mailto:nerangphysiotherapy@onthenet.com.au)

## Pelvic Powerhouse

Just like any good structure there has to be a central stabilising area that is the powerhouse of the structure.

In the human body this is the pelvis and its muscles. This is the centre of our functional control. Any dysfunction in the pelvis can have widespread deleterious effects on the body.

Typical pains/injuries from pelvic dysfunction include things like lower back pain, knee pain, plantar fasciitis, shoulder pain, neck pain and even wrist pain.

Not including the hips/pelvis in an assessment no matter what the condition is, can be limiting the treatment and will leave the foundations unstable.

This can lead to a recurrence of the problem or the development of another problem somewhere else.

Fixing the body is like building a house, you have to start with solid foundations and in the body that is the pelvis, or your walls will come tumbling down...



## INJURIES ARE NOT ALWAYS WHAT THEY SEEM

There is a common conception about acute injuries that the injury was something that happened then and there, however it is not uncommon in many cases that the actual tear or strain or sprain is just the end result of a build-up that has taken place long before.

This leads to incomplete treatments as the original area of dysfunction is missed and all the focus is on the actual injured area.

Our bodies are incredibly versatile and can put up with huge amounts of stress before giving way, and it is usually when we slowly use this ability to give in to the stresses of sports or exercise that something has to give.

When we look at a tendon Achilles tear as an example, this

tendon can quite comfortably withstand the entire body weight and more, so there is no way it will just tear during a simple push off action as in sprinting or jumping.

It usually indicates the tendon was already under abnormal load even at rest, due to calf fascia tension which is likely due to weak hip muscles. This means it's starting point for taking load is different and it cannot accept even normal load at the time of injury.

So investigations must include the possibility the injury was an end result of other mechanical changes that have taken place prior to the injury, and if these are assessed and treated then we are removing as many obstacles as we can to allow for full recovery of the injured area.

This is our approach at Nerang Physiotherapy where we seldom focus ONLY on the injury, but look further afield to restore all function related to the injured area.



## GENERAL NEWS

Please note our closing times over the holidays. We will be closed from the 24<sup>th</sup> December till the 5<sup>th</sup> January and then again from the 7<sup>th</sup> January till the 11<sup>th</sup> January. We sincerely wish you all a Merry Christmas and a fantastic 2016.

# EXERCISE OF THE MONTH:

## Semi-supine

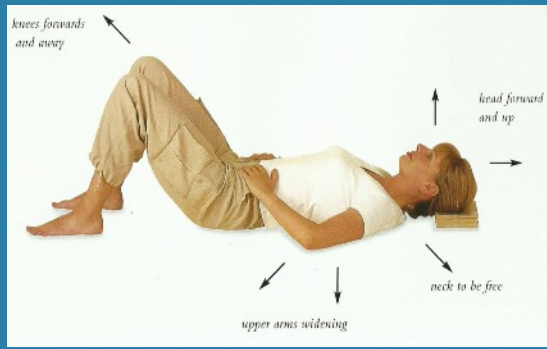
Standing and sitting for long periods compresses the spine. Lying down in a semi-supine position is a way of alleviating unnecessary tension in the muscles and joints and should be done every day for at least 20 minutes.

It also encourages a better awareness of the head, neck, back relationship. Position yourself as in the diagram, preferably on a firm surface like the floor or firm bed. Use a few small, soft covered books under your head to align your neck. This must not irritate your muscles at all, but just feel like there is mild tension in the back of the neck.

While in this position focus on any particular areas that you feel are tight without trying to correct the tension, just allow your mind to focus on these and your body will do the rest.

Ensure to keep the knees parallel and not let them move out or in as this will alter the alignment of the back. Relax and enjoy.

## Have a laugh



## BRAIN TEASER OF THE MONTH

Starting with any C, using the move of a chess knight, can you find the letters of Christmas in the correct order?

C	S	R	A	R	H	M
I	M	H	C	R	C	C
A	H	A	I	I	I	R
C	R	R	H	H	I	I
A	C	S	M	R	I	C
H	M	H	H	S	S	H
C	R	T	T	C	C	S

See hints below.

## Pre-habilitation really works!

For those of you who are under-going any form of elective orthopaedic surgery, e.g. knee or hip replacements, shoulder rotator cuff surgery, etc. you should consider having some Physiotherapy at Nerang Physiotherapy prior to the surgery.

In my experience, doing some work on the mechanical problems such as soft tissue stiffness and muscle weakness, as well as blood flow rate control, can greatly reduce complications post-surgically and reduce rehabilitation time.

This means you can get back to your life sooner and with less pain, stiffness and fuss. Leaving all the poor mechanics leading into the surgery means you are left with this post-surgery together with the natural trauma of the surgery itself.

SO if you or anyone you know is due some surgery, save yourself a lot of unnecessary hassle and get some pre-habilitation, you will be so glad you did. Book now.

## Tip of the month:

An increasing number of people are complaining of neck and shoulder tension, wrist problems and back pain from their working environment. Your office or work chair should be tilted slightly forward and adjusted so that your feet are flat on the floor. Your upper arms should be widening away from each other and your forearms should be positioned horizontally. Remember, comfortable and supportive chairs can NEVER compensate for poor posture! It is also important to remember not to over-reach when you need to get something on a different part of your desk or in a drawer.

Be dynamic in a chair, avoid the back-rest and let your body be in control.

Hints:  
1. A knight moves in the shape of an L, two squares one way, one square the other.  
2. Start with the C in column 2, line 5...Ok no more hints!