

NERANG PHYSIOTHERAPY

Peter Mitchell

The difference is obvious

Jan
2016

IRRITABLE LEG SYNDROME

This common complaint is one that has baffled many a practitioner, yet there are a few clues in the symptoms that can point to the true cause.

Typically the symptoms of this syndrome happen at rest, either when sitting or in bed. It commonly affects both legs rather than one or the other.

So what does this tell us? Well, at rest our rate of blood flow slows down as we are not making any major demands on the blood flow. The Sympathetic Nervous System (SNS) that controls this blood flow reduces its activity so we can rest or sleep.

However, if this system is tired or fatigued it cannot maintain resting blood flow levels and these levels drop to below resting levels. This reduces the oxygen levels in the legs and produces the symptoms typical of Irritable Leg Syndrome.

The feeling we get in the legs making us want to move them is the body's survival mechanism kicking in, as the movement stimulates more blood flow into the legs, thus reducing the symptoms. At Nerang Physiotherapy we treat the SNS with great results using Myo-flow.

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GENERAL NEWS

Happy New Year to everyone and we hope 2016 will bring happiness, health and vitality to you all. We continue to commit ourselves to restoring your health so you can enjoy a pain-free life doing whatever it is you wish to do. Have a great year.

GOING BEYOND THE INJURY

It is common practice when a person is injured in sport or social activities that the problem started when the injury took place.

This misconception leads to incomplete treatment of the injury as the underlying pre-cursors are not assessed and treated.

Many muscle strains and tears are an end result of a series of changes that have been happening in the body that results in the soft tissue covering of the muscle, i.e. the Fascial sheath, becoming tighter than normal.

This tightness means they now do not have the same flexibility as they previously did and it is an area of the body that will not be able to give in to the stress of a particular force, and thus can tear or strain. So how do we get into this state? Mostly the starting point is due to overuse or too much exercise or activity without sufficient rest

periods. This causes overuse of the Sympathetic Nervous System which controls the blood flow rate.

When this tires, it loses control of the tone of the blood vessels resulting in a slower than normal blood flow rate, including to itself. This means it is unable to recover from this state of tiredness/fatigue.

Poor blood flow rate to certain areas of the body result in stiffness of the sheathings around the muscles and this minimised space the muscles have to function in causes weakness.

Now with stiffness and weakness the body is forced to compensate, and eventually an area of the body with less flexibility than other areas becomes the victim and is the area that becomes injured.

So it is plain to see we need to address not just the injured tissues, but look for possible pre-cursors to the injury so as to prevent a similar injury occurring again. At Nerang Physiotherapy we look beyond the injury and find the true causes to ensure complete recovery.

EXERCISE OF THE MONTH:

Flying Dog

To assist in building good muscle tone in the back and hips use this exercise.

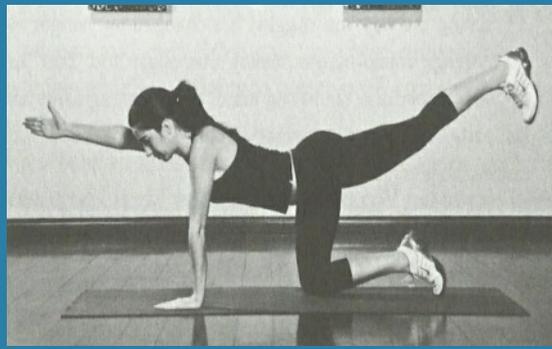
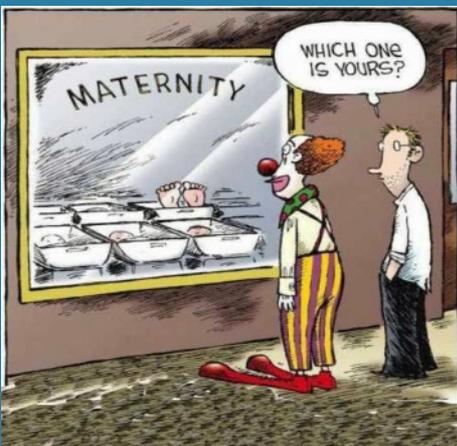
A lot of postures we get into regularly result in slumping of the shoulders and back, with concave chests and poking chins. This can cause a multitude of pains in the back and neck.

To help maintain a good posture do this exercise twice a week, ensuring rest periods in between together with an awareness of how you are carrying yourself.

To do the exercise, get onto all fours with hips and shoulders directly over knees and hands respectively. Keep your head neutral, do not look up. Lift your right arm and left leg up and straight so they are parallel to the floor. Hold this position for 7 to 10 seconds, then return to start position.

Do the same with the left arm and right leg. Repeat this 10 to 15 times each arm/leg combo twice a week.

Have a laugh



BRAIN TEASER OF THE MONTH

Virile Microbes

A Petri dish hosts a healthy colony of bacteria.

Once a minute every bacterium divides into two. The colony was founded by a single cell at noon.

At exactly 12:43 (43 minutes later) the Petri dish was half full.

At what time will the dish be full?

The Body's Natural Digestive Cycles

Natural Hygiene teaches that the human body's digestive system goes through three eight-hour cycles every twenty-four hours:

Noon to 8pm: **Appropriation** of food (eating and digesting)

8pm to 4am: **Assimilation** of food (absorption and use)

4am to Noon: **Elimination** (excretion of waste products)

A clock-adjusted body prefers the Appropriation cycle to begin at Noon. After that the body craves nourishment. A big breakfast is not essential as the body is in the Elimination cycle at that time. The best rule is to eat only when you are hungry in this cycle.

Assimilation occurs mostly during sleeping hours, as the digestive system can crank up its function while we rest, maximising its blood flow. During your sleep the body extracts the nutrients needed to replenish your system and replace damaged cells.

The Elimination cycle is when the body removes waste products from the system through the underarm, bowel, bladder, glands, etc. It can however be thwarted by big breakfasts, the processing of which prevents waste elimination. So junk stays put and re-enters the body causing toxicity.

It is plain to see that our eating habits have changed over the years as our lifestyle has changed but they have moved away from the natural digestive cycles. Maybe it's time we got them back.

Tip of the month:

It is recommended that we eat mostly low GI foods, but this doesn't mean we cannot eat high GI foods too. If you choose to have high GI foods have a smaller serving and combine it with a low GI food.

The GI (Glycemic Index) is a system that ranks the effect of carbohydrate food on blood sugar levels. Examples of high GI foods are white breads, pastas made from wheat flour, cakes, pizzas, sweets, etc. Low GI foods include fruits (not fruit juice), veges, nuts, seeds, etc.

12h44

Answer: