

NERANG PHYSIOTHERAPY

Peter Mitchell

The difference is obvious

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

Tel: (07) 5596 4711 | Web: www.nerangphysio.com Email: nerangphysiotherapy@onthenet.com.au

Carrying your shoulder pain

A question often asked is how do we get conditions such as frozen shoulder and rotator cuff tears when we have not injured ourselves. A clue to this could lie in the way we carry things.

Most of these conditions occur over a period of time, not as a one-off strain or injury. Daily things we do can aggravate the shoulder but carrying bags and cases can be one of the most common.

To avoid banging bags against our legs or hips we have to carry articles away from our side and this increases the workload of certain muscles in the shoulder, particularly the Supra spinatus, which is the most common muscle torn in rotator cuff strains.

To help prevent this strain resist carrying very heavy bags, carry lighter bags closer to your chest with elbows bent or use two hands to carry articles in front of you. For bags/laptop cases use a long strap diagonally across the chest.



GENERAL NEWS

As an appreciation for your loyalty you will never be charged a full Initial consultation fee if you return to us even if it is with a new condition. You will receive a full consultation but at a standard fee. We thank you for letting us help you.

REDUCE POST-OPERATIVE COMPLICATIONS AND RECOVER FASTER

Many people undergoing orthopaedic surgeries fail to recover as quickly as they would like. This is not due to the surgery but due to the fact they did not have any physical therapy done to the pre-cursors of the condition requiring surgery.

As an example, someone requiring a total knee replacement indicates there has been some faults with the hip on the same side and all the muscles and soft tissues in between the hip and knee. Knees become the victims of hip muscle imbalance.

If these imbalances are still present at the time of the surgery, the patient is left with these underlying faults after the surgery, and this makes it very

difficult for the patient to recover fully.

However, correction of faults such as stiffness, weakness (not correctable through exercise) and blood flow rate, all essential for good, pain-free function, will make post-operative rehabilitation a lot easier.

Getting the body in as good a condition as possible before surgery will improve the ability to rehabilitate quicker, with less pain and return to normal function sooner than you think.

Understanding the reasons why a joint needs replacing or why we get the wear and tear in the first place is vital in being able to restore as normal a function as possible, which will ensure recovery from surgery is more successful.

If you require any further information on this subject or would like to book an appointment to start some 'pre-hab', call now on 5596 4711

EXERCISE OF THE MONTH:

TIBETAN NO. 3

Kneel with the balls of your feet resting on the ground. Your knees are about 4 inches apart. Place your palms against the backs of your thighs just below the buttocks.

Your spine is erect, with your chin tucked into your chest.

Inhale through your nose, arching your back from the waist. Drop your head as far back as you comfortably can.

Your hands will support you as you lean back. Then exhale through the mouth as you return to the starting position.

Repeat the entire motion 21 times in a steady, unbroken rhythm. When you finish, stand with your feet together and your hands on your hips. Take two deep breaths, inhaling through the nose and exhaling through the mouth with your lips pursed in an 'O'.

Have a laugh



BRAIN TEASER OF THE MONTH

During a visit to a mental asylum, a visitor asked the Director what the criteria is that defines if a patient should be institutionalised.

"Well," said the Director, "we fill up a bathtub. Then we offer a teaspoon, a teacup, and a bucket to the patient and ask the patient to empty the bathtub."

Okay, here's your test:

1. Would you use the spoon?
2. Would you use the teacup?
3. Would you use the bucket?

"Oh, I understand," said the visitor. "A normal person would choose the bucket, as it is larger than the spoon."

What was the director's response?

Understanding your treatment

When undergoing treatment for pain and dysfunction there are certain pathways the body has to follow to restore normality again.

Two of the most common causes of pain are stiffness and weakness. Both of these force the body to compensate and increase load on certain tissues and joints.

The end result of this is pain or injury. So when treatment begins it is important to understand that pain will NOT be the first thing to ease in most cases. On occasions pain can be relieved early in treatment.

What you will find is that strength and flexibility will return prior to pain easing and these are the signs to look for. If you are improving flexibility and strength it means the body is moving forward, and once this is stabilised, pain is no longer necessary as a warning sign.

It is imperative that we be patient when it comes to pain relief, as this allows the body to recover naturally and permanently.

Tip of the month:

Having trouble giving up the sweet stuff or any other 'addiction'? Try these few simple rules:

- Don't suffer unnecessarily
- Don't make others suffer unnecessarily
- Get educated about the problem
- If something about you needs changing, **you must change it!**
- Seek professional guidance
- Decide to overcome
- **Never do nothing!**

So, how did *YOU* do?

"No," answered the Director. "A normal person would pull the plug."

Answers: