

# 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](http://www.nerangphysio.com) Email: [nerangphysiotherapy@onthenet.com.au](mailto:nerangphysiotherapy@onthenet.com.au)

## Raynaud's Disease

Raynaud's disease is a condition in which the fingers become cold or white and frequently cracked in the winter time. A certain number of patients with this condition will not respond to medicines which relax smooth muscles. Neither will the patients respond when the trunk of the body is warmed, because such warming further reduces the smooth muscles' tone and causes additional pooling of blood in that area.

Instead, we need to relax the smooth muscle fibres in the arterioles at the patient's fingertips, where we are attempting to increase the blood flow. These individuals respond well to cold applied to the spinal muscles so that more blood goes to the extremities.

This treatment we call Myo-flow effectively increases the control of the blood flow and can reduce the symptoms of Raynaud's. Myo-flow is exclusive to Nerang Physiotherapy



## GENERAL NEWS

Due to increased interest in Tumeric in the management of inflammation and muscle soreness we are having a sale on our Tumeric capsules. Now down from \$24.00 to only \$19.95 for 60 capsules. Get yours now, they are selling fast.

## Musculoskeletal vs Myofascial

Traditionally Physiotherapy follows a musculoskeletal approach where the focus is on joints and muscles often involving mobilising of joints and muscle strengthening.

This can be limiting as it does not have a direct effect on the tissue of the body most responsible for pain and dysfunction, the Fascia.

Fascia is the complex soft tissue network that surrounds, supports, suspends, protects and separates all of our organs, muscles, nerves, arteries, joints, etc. Virtually everything in the body is encapsulated in this wonderful tissue.

If anything happens to this fascia, if it becomes stressed or injured it can have a direct effect on the function of all the systems in the body including joints and muscles.

If treatment is aimed at the joints and muscles as in the Musculoskeletal approach it ignores the actual cause of the dysfunction, the fascia.

Introduction of a Myofascial approach to pain and dysfunction, utilised at Nerang Physiotherapy, will treat the true causes of muscle and joint problems allowing these systems to recover and function normally.

At Nerang Physiotherapy we target the fascial system which in turn frees up the space for the joints and muscles to function in, restoring both flexibility and strength giving you a pain-free body.

## EXERCISE OF THE MONTH:

### Core Stability

This exercise will assist in regaining control of your core, the foundation for good posture and function.

Get onto all fours, knees and hips at 90 degrees, neck straight so you look down and hands directly beneath the shoulders.

Lift the right leg back and up till it is parallel to the ground. Do the same with the left arm, forwards and up. Once in this position, hold for 7 seconds and return to starting position.

Do the same now but with the left leg and right arm ensuring you continue to breathe easily and your neck and spine remain straight.

Repeat this 5 times on each pair of alternate arm/leg 3 times a week.



## BRAIN TEASER OF THE MONTH

1. You are driving down the road in your car on a wild, stormy night, when you pass by a bus stop and you see three people waiting for the bus:

1. An old lady who looks as if she is about to die.
2. An old friend who once saved your life.
3. The perfect partner you have been dreaming about.

Knowing that there can only be one passenger in your car, whom would you choose?

(Answer at bottom of page)

## Chronic fatigue, ME, Fibromyalgia?

Perhaps we can help

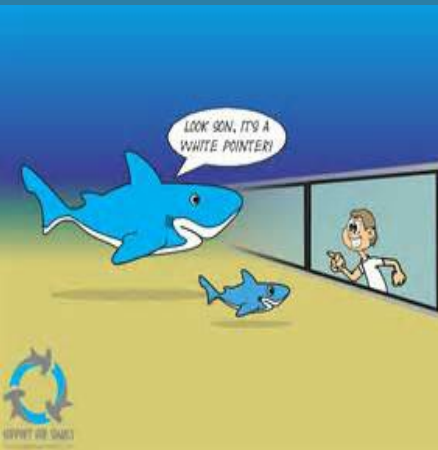
Having had a father who suffered from ME (Myalgic Encephalomyelitis) we were forced into finding some way of helping as little was known about it in the late 1980's.

This led us to discovering work done by Frederick Erdman which we started to adapt over 3 years to finally have an effective treatment for the common denominator in the above conditions, i.e. poor vascular tone.

You see, commonly those that suffer this type of condition have experienced some form of overuse/trauma that weakens the nervous system responsible for controlling blood flow rate which leads to many of the symptoms experienced by the sufferers.

Hence was borne *Myo-flow*, a unique treatment to restore the function of the Sympathetic Nervous System to improve blood flow rate, relieve pain and aide in the management of the above conditions. It worked for my father and I am sure it will work for you.

## Have a laugh



## Tip of the month: Sore throat?

There is a wonderful substance with so many health benefits that is not really well known. This is Apple Cider Vinegar (ACV). Unlike normal vinegars it has an alkalising effect on the body which can benefit health. One of uses is to relieve a sore throat.

At the 1<sup>st</sup> sign of a sore throat mix  $\frac{1}{4}$  cup of ACV with  $\frac{1}{4}$  cup of filtered water. Gargle with this solution for 30 seconds, rinse with water and repeat several times. A warm drink of ACV, water and honey can also be a great help.

The old lady of course! After helping the old lady into the car, you can give your keys to your friend, and wait with your perfect partner for the bus.

Answer: