

NERANG PHYSIOTHERAPY

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The **difference** is obvious

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Migraines

Migraine or Hemicranium is indicated by many different symptoms before and after the actual migraine. It commonly affects one side of the brain and can be very severe in many cases.

One area of migraines is not well understood and that is the vascular aspect, or effect of altered blood flow.

Early signs of migraines include spots in front of the eyes, cold sweat, and paleness, all signs of reduced blood flow in the head. After this the blood flow increases rapidly causing the thumping migraine.

The migraine will only subside once the blood flow has been regulated. This is often done by the person being sick drawing blood from the head to the gut.

One of the main reasons behind migraines is a tendency for blood vessels in the head to be dilated more than normal due to malfunction of the Sympathetic Nervous System.

At Nerang Physiotherapy uses Myo-flow to effectively regain control of the blood vessel tone and help treat migraines successfully.



Shin Splints

Here's one for you runners out there, but don't be fooled this can happen to anyone. Shin splints is a name given to symptoms in the front of the leg below the knee, running down the length of the shin bone.

The common cause of this condition is actually not the leg, this is only where the signs and symptoms manifest. Shin splints is actually the end result of hip muscle weakness.

Running puts a lot of load on the legs but not just that, it also demands a lot of blood flow *to* the legs. This demand has to be met by the Sympathetic Nervous System which controls the tone of the blood vessels together with the heart's output.

GENERAL NEWS

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This extra work required can over a period of time fatigue the nervous system which results in poor control of blood flow to the legs. This causes stiffness and weakness to occur in the legs in particular the hips.

Now running with weak hips, whether you are aware of it or not, will put increased load on the lower leg muscles to try and compensate for the weak power muscles of the hips.

This overload increases tension in the leg muscles especially those that control the foot landing after striking down on the heel. These muscles are attached to the shin bone and increased tension here will increase symptoms at those attachments, hence Shin Splints.

To treat this it is vital the muscles are assessed from the hips to the foot and blood flow control is returned.

EXERCISE OF THE MONTH:

The Squat

For most of us squatting is something we don't do correctly. Getting in and out of chairs is not quite the same as a squat as the angle of the hips is different.

In order to free up the hips and mimic a true squat we require the weight to be correctly distributed over the feet so we do not fall backwards. This move is something we do instinctively as kids but is forgotten as we grow and get used to sitting in chairs.

This exercise is useful for strengthening the hips and thighs and supporting the back. Use of the power muscles of the hips and thighs will take a lot of strain off the back and can prevent back pain and injury.

So standing with your feet shoulder width apart, lift your arms in front of you so they are parallel to the ground. This will help you balance. Keeping your knees directly above your feet as much as possible (they should move forward a bit but not so you cannot see your toes) lower your hips towards the floor and slightly back until your thighs are parallel with the ground.

Hold this pose for 7 seconds to allow growth hormones to be activated then stand again. Repeat this 5 to 10 times three times a week.



BRAIN TEASERS OF THE MONTH

1. A man is lying dead in a room. There is a large pile of gold and jewels on the floor, a chandelier attached to the ceiling, and a large open window.
2. A man and his wife raced through the streets. They stopped, and the husband got out of the car. When he came back, his wife was dead, and there was a stranger in the car.

Have a laugh



Hi Honey, it's me. You'll never guess what happened today.

Tip of the month:

One of the reasons sitting for long periods is unhealthy is that with very little leg movement the blood flow to the legs is slowed as the muscles are not helping to get blood moving to and from the legs. This puts a lot of strain on the nervous system that controls the blood flow and can eventually cause it to become fatigued, with some nasty results. When sitting try and move your legs and your back regularly to avoid this.

1. The room is the ballroom of an ocean liner which sank some time ago. The man ran out of all while diving in the wreck.
2. The wife was about to have a baby. They drove to the hospital. The husband left to get a wheelchair, but the baby was born in the meantime, and the wife didn't survive the birth.

My Story

(By Pete)

The treatment techniques I use at Nerang Physiotherapy are all treatments that are known and proven to be safe and effective.

I know this because I went through a lot of treatments myself over the years and have tried many different techniques to get results on myself.

When I was 4 years old I was in the backseat (no seatbelts in those days) when our car was hit head-on by a truck. My Dad broke his neck, my sister's head went through the windscreen and my mother broke her arm. Unbeknown to me the effects of this accident would only manifest in my later teens.

After school I did 2 years in the army in South Africa carrying heavy projectiles and pulling large cannons around, all of which affected my back and shoulders.

While at University I played a lot of squash and indoor cricket which further affected my right shoulder. I also part-dislocated the shoulder ice-skating and fully dislocated the left shoulder hiking in the mountains.

All this led to me receiving various treatments but the only ones that worked on me and were highly successful, were those I now use in my practice. I trust these techniques as they have worked on me and many others and they will on you too.