

# NERANG PHYSIOTHERAPY

Peter Mitchell

The difference is obvious

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## Wrist pain

With the advent of the computer wrist pain is becoming more and more common. However, the true starting point of wrist pain is NOT in the wrist but in the neck with underlying nervous system dysfunction.

It is not uncommon for someone complaining of wrist pain to have weakness in the same shoulder, stiffness in the neck and dysfunction of the Sympathetic nervous system that reduces normal blood flow rate to the arm.

All of these can trigger compensatory actions in the arm musculature putting the forearm and wrist under more load than normal. This load results in tightness of the forearm muscles/soft tissues and thus strain in the wrist.

To treat the wrist it is essential that the shoulder, elbow and wrist are all working well as a unit, backed up by good blood flow rate. This will allow the wrist to settle.

Treating the wrist alone is insufficient and will lead to a chronic ongoing problem. At Nerang Physiotherapy we always look at the bigger picture to ensure full recovery.

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## GENERAL NEWS

We are happy to announce that Catherine Glover, Psychologist, Counsellor and Hypnotherapist will be consulting from our practice from the 15<sup>th</sup> March 2016. She will be initially working on Tuesdays from 09h30. Please feel free to book an appointment on 55964711

## ACUTE INJURY. HEAT OR ICE?

I often get asked this question, not only for treatment of an acute injury but also for pain in general.

Over the years we have been told different things, use heat, use ice, don't use anything...however, we have always aimed the treatment at the symptoms and not the cause.

To get a better idea of what we could/should do let's look at what the body does on its own without outside influence. Physiologically when injured the blood vessels in the area of the injury dilate for a period of time, which essentially slows the rate of blood flow through the area.

I believe this is how the body gets the necessary nutrients, blood cells and other cells necessary for repair of the injured area. As the blood flow slows, the transfer of these nutrients/cells is made easier.

When we apply ice to the injured area, this causes blood vessels to

constrict, thus reducing the volume of blood in the area. It forces blood to flow around the area not to it, thus reducing the ability of the nutrients/cells to be supplied to the injured area.

With this in mind, is it possible we should be using heat instead of ice? The only problem there is how much heat and for how long. Too much heat can cause congestion of blood flow minimising nutrient supply.

My rule of thumb is always less is more. You can always add more heat/ice, you cannot take it away once it is applied as the effects linger long after the heat/ice is removed.

I found success in using both heat and ice, however in very short doses. Ice I would use for 10 seconds ONLY, then remove and wait till the skin warms up again, allowing fresh blood flow. This can then be done until symptoms ease. If you prefer heat, it is applied for 30 seconds, removed till skin temperature normalises and then reapplied for 30 seconds, etc.

Try this with your pain, however I would stress to NEVER use ice on the back, especially below the waist line!

## EXERCISE OF THE MONTH:

### Cross Crawl for golf

In keeping with the golfing theme here is an exercise very good for golf as it mimics the rotation action of golf. It should be used before but can also be used during and even after a round of golf to keep the brain and body in tune.

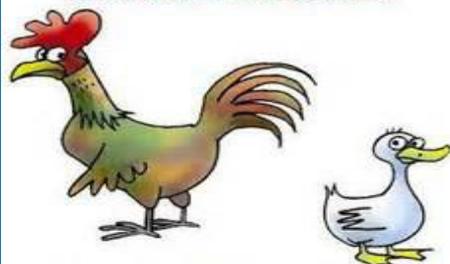
The Cross Crawl activates both hemispheres of the neurocortex simultaneously (motor and sensory). Doing the Cross Crawl slowly and deliberately activates the vestibular (ear) system for balance.

This Brain Gym movement also activates the process of building a bridge through the corpus collosum (link between the 2 halves of the brain) to facilitate clear communication between the left and right hemisphere of the brain.

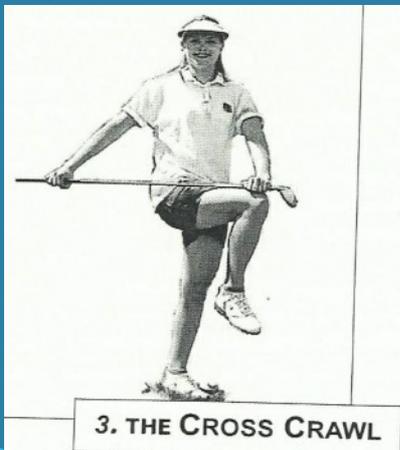
As the diagram shows bring your right knee up to touch your left hand diagonally across the body and vice versa like walking on the spot but with more movements. Do this for about 2 minutes. Happy golfing.

## Have a laugh

A duck was about to cross the road when a chicken looked at him and said....



"DONT DO IT MAN.... YOU WILL NEVER HEAR THE END OF IT!"



## BRAIN TEASERS OF THE MONTH

1. A monkey, a squirrel and a bird are racing to the top of a coconut tree. Who will get the banana first, the monkey, squirrel or bird?

2. What jumps when it walks and sits when it stands?

3. Tuesday, Joey and Jessica went to a restaurant to eat lunch. After eating they paid the bill, but Joey and Jessica did not pay the bill. Who did?

4. Three men were in a boat when it capsized but only two got their hair wet. Why?

## Golf body

### The slice/push shot:

Today is the 1<sup>st</sup> instalment of the series of golfing shots caused by poor hip function.

The slice is a nasty shot to have in your arsenal. It can add many numbers to your score and cost you a fortune in balls.

The slice is commonly caused by weakness in the left hip (for right-handed golfers). As you move from the backswing to the downswing your weight shifts onto the left leg and if your hip cannot support this the hips will slide forwards towards the target instead of rotating to the left.

This leaves your shoulder closed to the target and the hands are unable to rotate to the left at impact, resulting in an open club-face at time of impact, hence the slice/push.

Correcting hip strength is essential but to assist in the meantime, turn your left foot towards the target at address about 45 degrees which will aid the turning of the hips and straighten your shot.

### Tip of the month:

A Sports Science Professor at Loughborough University in the UK once said, "You don't get fit through exercise, you get fit through recovering from exercise".

In other words if you exercise every day and do not allow a recommended rest period of 48 hours between sessions, you are likely to enter a state of fatigue and over-training. The benefits of exercise do not occur while you are exercising, but in the few days AFTER. Also the muscles and soft tissues involved in exercise as well as the immune system require approx. 48 hours to recover after exercise. Ideally, therefore 3 sessions a week is plenty to stay fit and healthy.

- Hints:
1. None, you don't get bananas on a coconut tree.
  2. A kangaroo
  3. Their friend Tuesday
  4. One was bald