

# 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)

## Night Pains

Do you suffer pain at night or first thing in the morning? Do you have difficulty getting out of bed or a chair after a while in it?

It is easy to think it might be a poor mattress or chair however, the more common cause of these symptoms is the poor rate of blood flow moving through your body.

You see, at rest our blood flow rate slows to resting levels, dropping to the lowest levels between 2 and 4 am. This is our 'deep sleep' time.

If the nervous system that controls this rate of blood flow is not working as well as it should, the rate will drop below normal resting levels, reducing blood and oxygen to the tissues in certain areas, producing stiffness and pain.

Treating the nervous system involved will increase the control of the rate of blood flow and eliminate the night pains. This treatment is exclusive to Nerang Physiotherapy and is called Myo-flow. Don't suffer night pains anymore, call now!



## GENERAL NEWS

Have you tried the wonderful Turmeric for your pain, inflammation and arthritis? The feedback has been amazing and has proven the effectiveness of this humble root. We now stock capsules and cream for internal and external use.

## BE A PATIENT PATIENT

We live in a world of the quick fix and it is sometimes difficult to be patient when we are recovering from pain and dysfunction.

One thing I have learned in the past 23 years as a Physiotherapist and that is the body does not get unwell quickly, so it will not be able to get well quickly either.

What we need to understand is the body is designed to survive and it will do what it can with what it has to do so. So when things go awry and some of the body functions don't work as they should, e.g. stiffness, weakness, the body will incorporate what it can to get the job done.

This means overloading other areas, muscles and soft tissues which can cause stress in these areas and thus pain. This process can take a long time as the body compensates and we may be symptom-free for a

while, sometimes months even years before we suffer any pain.

So in return once treatment has started it requires time to unwind all what the body has done to keep alive and functioning, to be able to restore the body to normal function.

There are no short-cuts in recovery. The body has to be able to do things in the correct order. Just like building a house requires solid foundations first, so the body requires basic foundations such as good blood flow, flexibility and good strength before it can feel comfortable about letting the pain go.

So don't be fooled by the length of time you have had symptoms, (unless it was a traumatic injury), your ACTUAL problem would have started a long time before then, and will require time and patience to get the results you want.

All good things happen to those who wait, and it is the same with getting rid of pain that had no obvious cause, it will go when the body is ready to let it go.

## EXERCISE OF THE MONTH:

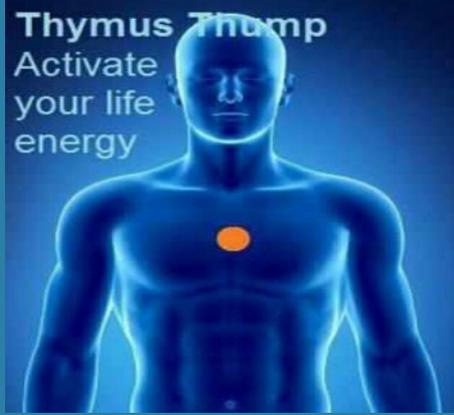
### Thymus thump

Yep, you heard me right. Your thymus is a small gland located in front of your heart and behind your sternum. One of the functions of the thymus is to process and mature T cells, the immune system's main warriors. Thumping, or tapping, your thymus gland stimulates your immune system, giving it a boost. To find your thymus, locate your collar bone and position your finger on its end, near the hollow at the centre of your neck.

Keeping your finger just to the left of your sternum, slide your finger down to the spot just below your second upper rib. This is the area where you will tap. Bunch your fingertips together, or just use the flat of your hand.

Thump in this area for 30 – 60 seconds at least twice, or better yet, three times a day. I have been doing this for many years now and it really works! If you are around someone who is sick, or if you feel a cold coming on, thump your thymus more frequently. Give it a go now!

### Have a laugh



## BRAIN TEASER OF THE MONTH

A spoonerism is a pair of words that can have their initial sounds switched to form new words. The pairs need only sound the same, not necessarily be spelled the same (power saw & sour paw, horse cart & coarse heart). There may sometimes be one or two connecting words (kick the stone & stick the cone, king of the rats & ring of the cats). Given the following definitions, what are the spoonerisms?

- 1) overweight dam builder & symptom of a sick flying mammal
- 2) bottom of the ocean & an insect-bitten dog has this
- 3) a cooking utensil & a nosy admirer
- 4) the person in charge of clocks and watches & the result of exposing silent actors to the sun

### Tip of the month:

#### Marinade to health

The use of marinades has been found to decrease the formation of Maillard Reaction end products, undesirable compounds found after cooking meats, poultry and fish. These compounds have been associated with increased oxidation damage to our cells, as well as increased cancer risk.

Marinades - containing ingredients high in polyphenol such as garlic, red wine and ginger and acidic substances such as vinegar and lemon juice - lower the production of these compounds and add great flavour.

- Answers:
- 1) fat beaver & bat fever
  - 2) sea floor & flea sore
  - 3) frying pan & prying fan
  - 4) man of the times & fan of the times

### Exercise and weight loss

Are you struggling to lose weight with your exercising? Putting in a lot of effort, seemingly for little gain? Maybe it is the type of exercise you are doing. To lose weight you HAVE to be involved in endurance exercises. Your fat cells will only be used as a source of energy after 45 minutes of intense exercise.

To give you an idea as to how much exercise you require to burn just 1Kg of fat see below: (time measured in hours) M=male, F=female

Normal walking:	M 138	F 242
Fast walking:	M 63	F 96
Golf:	M 36	F 47
Cycling:	M 30	F 38
Easy swimming:	M 17	F 21
Jogging:	M 14	F 18
Tennis:	M 13	F 16
Squash:	M 8	F 11

So you can see that it takes quite an effort to start burning fat through exercise, however, the easier way is to change your diet to a fat-burning diet, reducing high sugar level carbohydrates and other sugars, and you will literally burn up fat while you sleep at night. Makes you think?