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Physiotherapy for the whole family

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Surgical 'Pre-habilitation'

Having worked with many surgeons in South Africa and the UK and now in Australia, one thing I have found is that the results of post-operative rehabilitation are often increased if some Physio pre-habilitation is administered in the weeks before surgery.

The reason for this is that all the physical dysfunctions that led to the need for surgery can be restored to a more functional level, leaving the body only having to deal with the trauma of the surgery.

Treating the causes of the damage requiring surgery will vastly increase the speed of recovery, reduce pain levels and ensure a more normal post-surgical function.

An example of this is surgery for a hip replacement. Damaged hips are mostly caused by tightness and weakness in the hip muscles with a lack of good blood flow to the area. All this can be corrected before surgery, resulting in a more stable hip and all that needs doing is to replace the hip joint.

So if you are booked in for orthopaedic surgery, have some 'pre-habilitation' and you will feel the difference.



GENERAL NEWS

It has now been 1 year since I have taken over Nerang Physiotherapy and I would like to thank my wife and family, staff, my patients and the doctors and specialists I have worked with for your support, which is vital for this practice to grow. Good health to you all and I hope to continue to be able to help you live a healthier pain-free life.

Peter Mitchell

ACUTE INJURIES: EARLY INTERVENTION IS THE KEY TO FULL RECOVERY

Many people suffer too long with acute injuries as the early intervention is either not available or it is incorrect.

Most of us are familiar with the RICE principle, (rest, ice, compression, elevation), but is this the best way to treat acute injuries?

At Nerang Physiotherapy our aim is to get to the injury ASAP, but NOT to concern ourselves about the actual damaged tissues, but more to eliminate anything that can get in the way of them healing.

These factors include tightness of soft tissues, weakness of muscles (inhibitory) and altered blood flow rate to the area.

Tissue damage repair is the job of the body, it is fully aware of how to go about this. What is different is that

each area in the body needs to recover in its own specific way. The ankle is different to the shoulder which is different to the hip and so on.

In any acute injury there will always be repercussions in other parts of the body and if these are not assessed and treated it will leave an obstacle in the way of the repair. An example of this is in an ankle strain/sprain. I have found in most cases there is weakness of the hip muscles on the same side as the injured ankle.

Not correcting this weakness can lead to increased load into the leg and more work being done by the calf muscles, thus stressing the ankle and slowing the repair.

Releasing soft tissue tightness around the injured area and maximising blood flow are also essential for full recovery. Intervention is preferable within the 1st 24 hours of an injury occurring and does not put any further strain on the injured tissues.

So don't wait, get treatment ASAP for a fuller more complete recovery.

EXERCISE OF THE MONTH:

NOT!!

This month I thought I would do something different. Instead of giving you a good exercise to do, I thought I would let you in on some secrets about what exercises NOT to do.

One of the most common causes of lower back pain is tightness of the psoas (see diag.) muscles, deep hip muscles running from the front of the spine on both sides to attach to the upper/inner part of the femur (thigh bone). These muscles lift the legs upwards in standing and stabilise the spine.

Certain exercises overwork these muscles and cause them to tighten too much, thus pulling the spine forward and compressing the lumbar spine. These exercises include:

- Sit-ups (incl. Crunchies)
- Bilateral straight leg raises
- Knee lifts

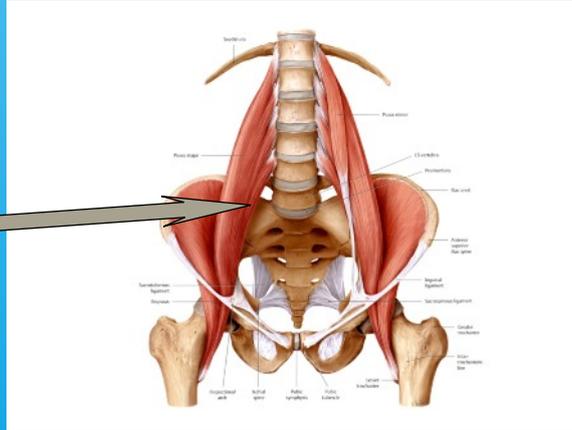
Avoid these exercises wherever possible, they do NOT strengthen abdominals (especially obliques) but they can cause lower back pain and in the long-term possibly disc bulges and arthritis in the spine.

Have a laugh



Did you know that the majority of **whiplash** injuries also affect the hips and lower back. Over 85% of whiplash injuries result in weakness of one or both hips and this can affect lower back and leg function.

Treating the neck for this type of injury can



result in improvement but if the hip imbalance is not corrected this can affect the neck via the shoulder as the hip is connected to the shoulder.

A complete bio-mechanical assessment of the neck, shoulders and hips are necessary to ensure full recovery from whiplash injuries.

Exercises alone are not enough!

Have another laugh

While sports fishing off the Florida coast, a tourist capsized his boat. He could swim, but his fear of alligators kept him clinging to the overturned craft. Spotting and old beachcomber standing on the shore, the tourist shouted, "Are there any gators around here?!"

"Naw," the man hollered back, "they ain't been around for years!"

"Feeling safe, the tourist started swimming leisurely toward the shore.

About halfway there he asked the guy, "How'd you get rid of the gators?"

"We didn't do nothin'," the beachcomber said.

"The sharks got 'em."

BRAIN TEASER OF THE MONTH

Famous Probability puzzle shoot solution

Mr. Black, Mr. Gray, and Mr. White are fighting in a truel. They each get a gun and take turns shooting at each other until only one person is left. Mr. Black, who hits his shot 1/3 of the time, gets to shoot first. Mr. Gray, who hits his shot 2/3 of the time, gets to shoot next, assuming he is still alive. Mr. White, who hits his shot all the time, shoots next, assuming he is also alive. The cycle repeats. If you are Mr. Black, where should you shoot first for the highest chance of survival? (Answer at bottom of page)

Sitting correctly

Although it is one of our worst enemies with regards back and neck pain, the chair is something we have to adjust to in our modern society. The optimum position in a chair is to sit on the front half of the chair, with your feet flat on the floor. Do NOT use the backrest as this tends towards lazy back muscles. Sitting forward on the chair gives us a dynamic posture from which we can move in all directions and the load is taken through the legs, the power area. Avoid lumbar supports if you can, they are not a treatment or a correction for back pain and can aggravate your back in the long-term.

Tip of the month:

To avoid the dangers of toxic cosmetics abide by this rule:

"Don't put on your skin what you wouldn't put in your mouth."

If Mr. Black shoots the ground, it is Mr. Gray's turn. Mr. Gray would rather shoot at Mr. White than Mr. Black, because he is better. If Mr. Gray kills Mr. White, it is just Mr. Black and Mr. Gray left, giving Mr. Black a fair chance of winning. If Mr. Gray does not kill Mr. White, it is Mr. White's turn. He would rather shoot at Mr. Gray and will definitely kill him. Even though it is now Mr. Black against Mr. White, Mr. Black has a better chance of winning than before.

Answers: He should shoot at the ground.