

NERANG PHYSIOTHERAPY

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The difference is obvious

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UNILATERAL UPPER BACK PAIN

This often mis-diagnosed condition can fool us as the pain is usually on the opposite side to the original problem.

Common signs of this condition are a raised shoulder and tightness in the neck muscles on the opposite side of the pain. Pain is usually felt down the side of the spine, worse with bending the neck backwards or sideways.

The stiffness on the non-painful side forces the body to actively pull the head back to the neutral in order to keep the spine straight. This constant battle leads to irritability and pain on the side doing the pulling.

Treatment to the painful side will not settle the problem as it does not focus on the cause of the problem, which is the tightness on the opposite side. Releasing the tightness removes the need for the opposite side to keep pulling back and thus relieves the pain and restores normal function.

Once again, knowing where these problems begin is paramount to fixing them. Don't trust the symptoms, just use them as a guideline to the true cause



GENERAL NEWS

We are proud to announce we are now distributors for Bioceuticals, Neem and Modere (ex-Neways) supplying health supplements and general toxin-free household products. You can place your order with us after seeing what you want at their respective sites.

TREATMENT IS LIKE ARCHAEOLOGY



When we experience pain that is not from a traumatic injury, it usually indicates that the body has spent a fair bit of time compensating for some initial imbalance or overuse.

This entails covering up some problems so as to be able to continue functioning. This is a typical survival mechanism, doing what it can with what it has to keep going.

Unfortunately this means that when we start treatment, there will be many layers we have to clear away

before we can reach the original origin of the problem. Typically these conditions cannot be judged by the time the symptoms first began, as the compensation would have gone on for a long time before symptoms occurred.

So treatment is very much like Archaeology, where you have to start on the surface and slowly work your way through the layers of dirt that has been place in the area over time. Each layer you dig will expose different elements from different ages.

Such is the body as it exposes signs and symptoms exclusive to each layer we expose through physical treatment. Hence pain can seem to move about or get better or worse at different stages of the treatment.

It takes time to unravel the layers and expose the true cause of the problem and if we understand that, we will have the patience to continue until this stage is reached. Letting the body 'unwind' at its own rate leads to a full recovery.

EXERCISE OF THE MONTH:

Figure of 8 Eye Exercise

With all the spoils of modern life like computers, mobile phones and TV's, our eyes are constantly bombarded with radiation and vibrating screens causing them to become weak and dysfunctional.

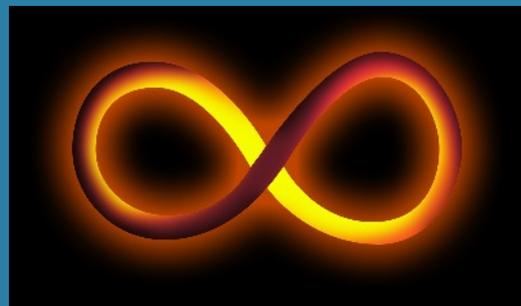
Perform this exercise to strengthen eye muscles. It can also be used if children have reading problems.

Lie on a bed so your head can stay still during the exercise. Fold your hands together and allow one thumb nail to face you, holding your arms at almost full length away from your eyes, elbows slightly bent.

While focusing on the thumb nail, move your hands in the pattern of the infinity sign shown starting in the middle and moving up and left, following the infinity sign all around back to the centre keeping to the outer limits of your vision. Your head must not move, ONLY your eyes.

Repeat this for 2 minutes at least twice a day.

Have a laugh



BRAIN TEASERS OF THE MONTH

1. Imagine you are in a dark room with a locked door. All you have with you is a rope and a pencil. You can hear the rain outside, but there are no windows. How do you get out?

2. I am in heaven but not in hell. I'm in the devil but not in god. I'm in the river but not in the sea.

What am I?

(See answers below)

Don't be too clean

An excerpt from *Parenting and Pregnancy* 2002...

'Behind the ongoing epidemic of allergies and autoimmune diseases, there is a surprising culprit: cleanliness. One of the hallmarks of the 20th Century was its war on germs. Kids now live in cleaner homes and suffer fewer infections than their grandparents did. There's irony in this according to the so-called 'hygiene' theory. It holds that germ-free childhood warps the immune system.

A report in the Sept. 19th issue of *The New England Journal of Medicine* supports this. The researchers carefully vacuumed up dust from the beds of 812 children from rural areas of Austria, Germany and Switzerland, which was measured for the outer wall of bacteria known as endotoxin. Their medical records were also collected.

The result: the kids with the cleanest mattresses had the most hay fever, allergic asthma and allergic reactions. The kids with the dirtiest beds - and least allergy and asthma - were most likely to live or play on farms. Earlier studies showed kids living on farms have fewer allergies and asthma. Bacteria excreted by cows and other farm animals are the most common source of endotoxin.'

So don't stop your kid from eating the piece of meat that fell on the floor, we need the dirt to build a strong immune system. Stay clean but not TOO clean!

Tip of the month:

Eat Greens

Greens contain chlorophyll. Chlorophyll helps manufacture haemoglobin, the oxygen-carrying truck in your blood. Greens are a great source of *fine* calcium (not the course junk found in cow's milk). Organic greens are rich in minerals including iron. Greens are alkalising anti-oxidants which protect against cancer. Greens are rich in amino acids, which make protein. Greens deliver an impressive enzyme payload when eaten raw. Greens are the food no-one wants to eat, so juice them and squeeze a lemon into the mix - delicious!

1. Stop imagining!
2. The letter 'v'

Answers: