

# NERANG PHYSIOTHERAPY

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The difference is obvious

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## Sciatica

### What is it really?

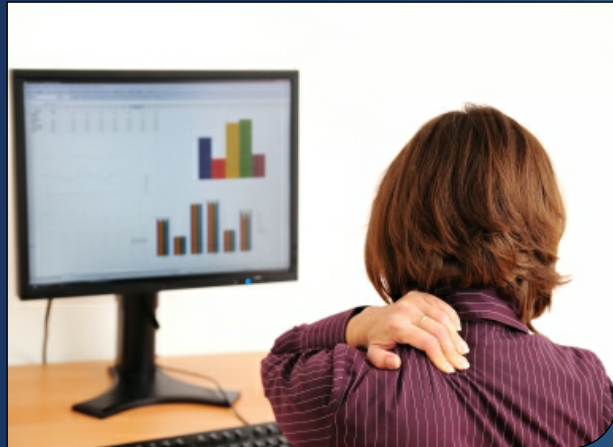
If there was ever one word that is vastly overused in describing pain in the lower extremities it is sciatica.

True sciatica is when the Sciatic nerve is being pinched by a disc in the back that has prolapsed and the contents are pushing sideways onto the nerve.

Just because you experience pain down the leg does not mean it is sciatica. True sciatica is constant as the pressure on the nerve does not release with positional changes or movement.

True sciatica pain goes right down to the foot when severe and it is difficult to walk on the affected leg.

The good thing is most so-called sciatic pain is caused by tightness and weakness of the hip muscles and the pain in the leg is referred from these tissues, NOT from the nerves in the spin. This condition is easily treated and can fully recover.



## Computer Neck How does it happen?

Since the advent of the computer neck problems have grown exponentially and it has become a major drain on the resources of many countries' health services.

So how can sitting at a desk not moving much cause so much pain? Well that is just it! The fact we are not moving much is exactly why we get into trouble.

To be able to tap away at a keyboard and use the mouse our shoulder and neck muscles must remain in a tense position. This allows the fingers to be used in a finesse way.

This tension in the shoulders is unusual for these muscles which are designed for short periods of activity and then rest, so the constant tension puts a strain on

## GENERAL NEWS

We would like to make you aware Daniel de Souza an experienced Exercise Physiologist and Pilates instructor will be consulting from our practice from the 28<sup>th</sup> September 2016. We hope you will take advantage of his services and enjoy good health.

the nervous system that controls the blood flow to the muscles.

This overload results in the nervous system becoming fatigued, altering the rate of blood flow to the muscles of the shoulders and arms. Poor blood flow leads to weakness and tightness in these muscles.

This eventually results in limited range of motion in the neck and pain. What we often don't realise is that this process takes time, so by the time we get the pain there is a lot of history and the problem did not start when the pain started.

To try and prevent this from happening, regular movements of the neck and shoulders are vital. This means every few minutes, NOT every 30 minutes or more. Movement helps blood flow which relieves stress on the nervous system and ensures it does not fatigue. So keep moving and prevent pain!

## EXERCISE OF THE MONTH:

Here's one for the kids

Is your child's writing looking like a bowl of spaghetti that's fallen on the floor? Why not try this simple exercise using the figure of 8 on it's side, or 'lazy eight' as it is sometimes known.

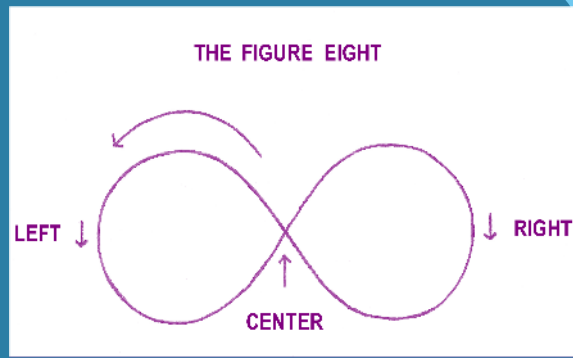
If you look at the alphabet most rounded letters either go anti-clockwise or clockwise. The letter 'a' for example starts on the right and goes up and to the left, whereas the letter 'b' goes up and right. Some kids do them the other way around.

The 'lazy 8' stimulates left and right brain organisation and can lead to neater writing.

Get your kid to draw a nice big 'lazy 8' on a page and keep going over and over the same outline while all the time following the pen with his eyes. Follow the arrows on the diagram if he/she is right handed, the opposite if left handed, starting in the centre.

Do this daily before writing and/or reading and see the change for yourself.

## Have a laugh



## BRAIN TEASER OF THE MONTH

1. A man and his son are in a car crash. The father is killed and the child is taken to hospital gravely injured. When he gets there, the surgeon says, 'I can't operate on this boy - for he is my son!!!' How can this possibly be?
2. How could a baby fall out of a twenty-story building onto the ground and live?
3. Bad Boy Bubby was warned by his mother never to open the cellar door or he would see things that he was not meant to see. One day while his mother was out he did open the cellar door. What did he see?

## Exercise Physiology What is it?

With Daniel de Souza joining us soon I thought it a good idea to give you insight into what he can offer to you. Exercise Physiology is more expansive than just delivering a package of exercises.

Exercise physiologists specialise in the delivery of exercise and behaviour change for the prevention and management of conditions such as cardiovascular disease, diabetes, obesity, osteoporosis, depressions, cancer, and arthritis.

They are trained in the assessment of physical and functional capacity, the identification of risks and the design of targeted, functional and sustainable exercise programs.

Exercise physiologists are knowledgeable about the effects that exercise has on the musculoskeletal system, as well as on the cardiovascular and endocrine systems. They can prescribe a course of exercises for either fitness or rehabilitation. Pilates may be recommended, also home based or gym based exercise routines. They can also advise on behavioural modification programs.

So book now and see what Daniel can do for you. Call 5596 4711

## Tip of the month:

**Fitness and health are not the same thing. If you are exercising to stay healthy but you over-exercise, you will become unhealthy. Fitness is relative to what you do, if you sit behind a desk all day does not mean you need to go for a run every evening to stay healthy. Walking 10kms a week has been shown to be enough to maintain good health. Everything in moderation.**

1. The surgeon is his mother!  
2. It falls out of the ground floor window  
3. When Bad Boy Bubby opened the cellar door he saw the living room and, through its windows, the garden. He had never seen these before because his mother had kept him all his life in the cellar. Nasty!

Answer: