

NERANG PHYSIOTHERAPY

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Physiotherapy for the whole family

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Food and your pain

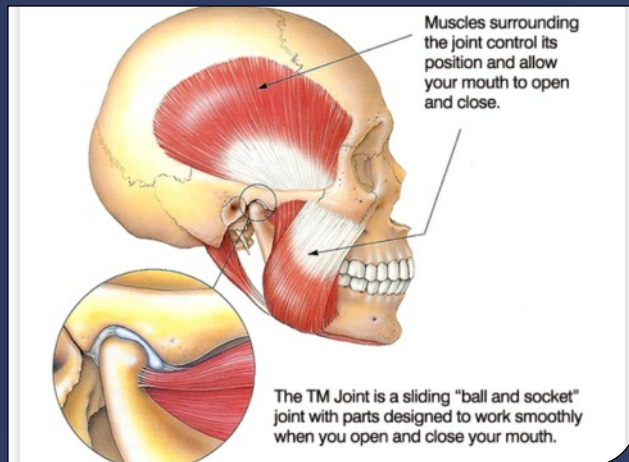
Many people are unaware that what they eat can play a part in their pain patterns and general well-being.

The modern diet is very much a diet of acid-forming foods which leave the body in an acidic state and this is a state of disease.

If we are in a state of acidity our cells struggle to produce energy and maintain good health, inflammation increases in muscles, soft tissues and joints and often this leads to pain and dysfunction.

Foods commonly responsible for this include dairy products, meats, eggs, wheat (white flour), alcohol, coffee, cool drinks and many more.

To reduce pain it helps to cut down on these acid-forming foods and increase the intake of alkaline-forming foods. Go to <http://www.rense.com/1.mpicons/acidalka.htm> to find out what these foods are and attempt to eat 70% alkaline-forming foods and 30% acid-forming foods for a better pain-free lifestyle.



GENERAL NEWS

For those of you interested in purchasing a Rebounder we now have some in stock. We will also be looking into leasing these on a weekly basis soon with the option of a cheap purchase at the end of the lease period.

TMJ (JAW) PAIN: CAUSES AND TREATMENT

TMJ pain or jaw pain can be quite debilitating. It becomes difficult to eat, talk, sleep or function. Treatment for this condition is multi-faceted to ensure the problem is dealt with from a symptomatic as well as causative angle.

Causes of TMJ pain vary from excessive chewing (gum), grinding of teeth (often at night), neck injuries, trauma to the jaw or from dentistry work. Hence it is important to understand the cause to attain full recovery.

Pain in the jaw is usually the end result of soft tissues in the area becoming tight, local muscles becoming weak and thus the joint is under unusual stress. It is not much different to any other joint, however, there is a strong link with the neck, as the 'true' axis of the TMJ is between the 1st and 2nd Cervical vertebrae.

This means trouble in that area can affect the function of the jaw and vice versa. Looking further afield, it is important to understand the jaw closing muscles (mainly masseter and temporalis) are part of what is termed the 'extension pattern' of the body, a series of muscles from the foot to the jaw running up the back of the body.

Hence jaw pain can sometimes require treatment of the calf muscles to be able to fully recover!

Treatment usually involves a combination of dentistry specialists such as Maxillo-facial surgeons, Orthodontists and Physiotherapists. The specialists often insert bite plate to prevent the grinding and adjust jaw levels to ease the tension in the jaw muscles.

At Nerang Physiotherapy we have a successful approach to TMJ pain involving the jaw, neck, back, hips, legs and of course the blood flow control to all these areas. Improving flexibility, strength and good blood flow rate results in a return of function and pain-free chewing.

EXERCISE OF THE MONTH:

SITTING SCAPULAR CONTRACTIONS

Many of us spend a lot of time in chairs slaving away at the computer or on the phones which can be harmful for the body.

It commonly results in slumped posture where the soft tissues in the front of the chest get tight and the muscles at the back get weak. Try this exercise to counter this.

Sit on the edge of a bench or a chair with your hips rolled forward - arch the lower back and your head and shoulders back.

Slowly and evenly squeeze your shoulder blades together, then release. Do 3 sets of twenty.

Frozen shoulder blades interfere with hip flexion - extension and this exercise can also assist with that

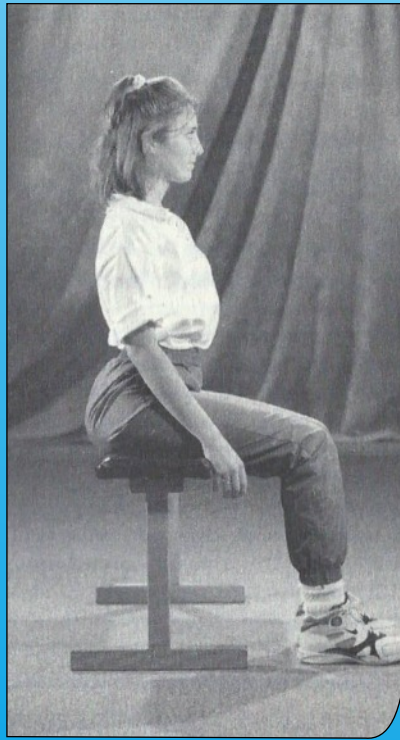
Have a laugh

Fred got home from his Sunday round of golf later than normal and very tired. "Bad day at the course?" his wife asked.

"Everything was going fine," he said. "Then Harry had a heart attack and died on the 10th tee."

"Oh, that's awful!"

"You're not kidding. For the whole back nine it was hit the ball, drag Harry, hit the ball, drag Harry."



BRAIN TEASER OF THE MONTH

A man in a restaurant asked a waiter for a juice glass, a dinner plate, water, a match, and a lemon wedge. The man poured enough water onto the plate to cover it.

"If you can get the water on the plate into this glass without touching or moving this plate, I will give you \$100," the man said. "You can use the match and lemon to do this."

A few minutes later, the waiter walked away with \$100 in his pocket. How did the waiter get the water into the glass?

WHAT IS QI

Qi or Chi is a term used in Acupuncture to describe the flow of energy in the body. On occasions this energy gets stuck or interrupted which leads to dysfunction or disease in the body.

Think about Qi like traffic flowing on the roads. If there is an accident this will cause a slowing down or complete stop of the traffic. So there will be congestion on the one side of the accident and very little flow on the other side.

Until this accident is cleared the traffic cannot flow and nothing can get through to the other end. Similarly if the cause of the congestion/stagnation of Qi is not assessed and treated, the energy will not be able to flow and so health can suffer.

This concept is similar to our blood flow where any obstruction in blood flow leads to congestion behind the obstruction and less flow ahead of it. Both congestion and poor flow result in a lack of nutrition and thus poor health.

So to ensure good health and vitality we require consistent flow of Qi and blood in the body which is our aim at Nerang Physiotherapy

Hilton's Law

A nerve that supplies a joint also supplies the muscles of the joint and the skin over the insertions of these muscles.

If a joint is injured, the reflex response is to tighten the muscles to hold the joint immobile. This is a natural protective reflex to prevent further pain.

Tip of the month:

Did you know you can get fat drinking fruit juice? A glass of apple juice contains the same amount of sugar as a glass of coke, about 9 teaspoons! So if you are trying to lose weight, avoid fruit juice.

Answers: First, the waiter stuck the match into the lemon wedge, so that it would stand straight. Then he lit the match, and put it in the middle of the plate with the lemon. Then, he placed the glass upside-down over the match. As the flame used up the oxygen in the glass, it created a small vacuum, which sucked in the water through the space between the glass and the plate. Thus, the waiter got the water into the glass without touching or moving the plate.