

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Heel pain

This often debilitating pain commonly has its origins in the hip and the foot and heel become victims of the need to over-compensate for weakness in the hips.

Unless there is direct trauma to the heel/foot, the most likely cause is changes in strength and flexibility in the hip, thigh and calf often due to some form of overuse be it sports, standing for long periods, even sitting for long periods.

This overuse stresses the nervous system that controls the blood flow to the legs resulting in weak hip muscles. This forces the body to compensate in the thigh and calf to stabilise the pelvis and leg.

Because of this more load is put onto the leg and thus more load has to be pushed off, resulting in the overuse of the calf muscles. This causes tightness in the calf soft tissues which strains the heel and can result in heel pain or Plantar Fasciitis.

At Nerang Physiotherapy we assess all function from the hip to the foot to see where the true cause is and also incorporate Myo-flow to treat the blood flow to the leg. All this gives great results.

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## Stress, is it all bad?

Stress is a very common daily event. All you have to do is open a newspaper or online news site and you will be stressed, whether you feel it or not.

The important thing to remember about stress is that it is NOT the problem! It is how your body is designed or trained to deal with the stress that is key to how you react.

There are generally 2 types of stress, a positive form of stress called Eu-stress and a negative form called Distress. Eu-stress is that type of stress that is converted into something positive, e.g. you get bullied but you in turn become a stronger character because of it.

Distress is easier to understand as it is more common, where we get stressed and it results in negative emotions, actions and feelings and can cause illness.

## News

Spring is finally upon us and the weather is starting to warm up. If you have not had a check up recently to see if you have any hidden weaknesses that can cause pain later on then now is the time to have one. Give us a call and we can ensure your body is working well.

When we get stressed it causes many chemical reactions in the body, the common one being the release of cortisol, the majority of which are found in the gut. These are known to be a major cause in leaky gut syndrome.

The key to reducing the harmful effects of distress is to have a strong bodily constitution, good health and diet, a positive attitude to all things and a plan to deal with the stress.

There are many ways we can cope with stress better, e.g. meditation, deep breathing, exercise, Acupuncture, Kinesiology, good diet, etc. Avoidance is obviously one key factor as avoiding stress where possible will mean you don't have to react to it.

So remember, not all stress is bad, if you have a plan to deal with it you can turn it into a positive result. Our approach to stress at Nerang Physiotherapy is to build a good foundation so you can avoid the harmful effects and live a happier life.

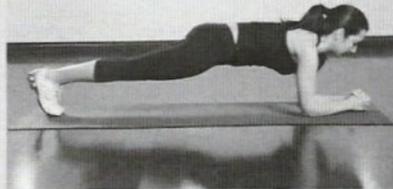
### Blending food

Do you like to blitz up a smoothie in the morning or eat/drink your food in a liquid state. There are 2 things that this type of eating can disturb.

One is digestion: digestion starts in the mouth with the saliva and enzymes released by glands in the mouth. This is alkaline. Stomach acid is released into the stomach stimulated by chewing. Unfortunately when we 'drink' our food we don't chew, so we don't release enough acid to digest the food.

Blitzing food also breaks down all the fibre, in which sugar is stored and this leads to easily accessible sugar, rather than a slow release of sugar as the soluble fibre is broken down in the gut.

So we have a situation where we don't digest food well due to a lack of acid and we have access to sugars which will spike the blood sugars. We will not stay full for long as the fibre is broken down already and thus will feel hungry sooner. This could lead to weight gain in the long-term.



Front plank



Side plank

## EXERCISE OF THE MONTH:

### Timed Plank

If you want additional exercises for the abdominals stick with the timed planks which also strengthen the gluteus medius muscles in the hip.

Start with 30 seconds on the front (see pic) then 30 seconds on each side, working up to 90 seconds maximum per set. One set per angle per workout is all that is needed.

Remember, any form of exercise is a stress to the body and requires a recovery period of at least 48 hours, so do this no more than 3 times a week.

(Please note if you have any shoulder pain it is best advised you take care with this exercise.)

## BRAIN TEASER OF THE MONTH

I'd grab ahold of all I can  
Relentless in my spree  
Amidst the crimes I hung a man  
And then the man hung me  
I met some more of my own kind  
We really got along  
In open hid where none could find  
Except the dead and gone

What am I?

### Have a laugh



"More walking, less flying."

### Tip of the month:

Be aware of marketing of some so-called 'Health' products. There is a lot of skull-duggery when it comes to selling food and health products and there are often hidden ingredients in these products that can cause harm. One of the biggest is sugar. Food companies have gone to great lengths to disguise sugar by giving it many different names, e.g. fructose, sucrose, agave syrup, etc. Even in some health food products sugar is added so we need to be vigilant in reading labels and when you see a high carbohydrate reading it usually means sugar has been added. So be aware!