

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Exercises NOT to do

This is a list of a few exercises not to do as they can be harmful to your body.

Sit-ups: Yes, the old favourite of the army...however, research has shown that due to the muscles attached from spine to thigh, sit-ups can put anything up to 340Kg of extra compression forces on your lower spine and could easily cause bulging discs. Instead of sit-ups try things like planking, bridging or 'bird-dog' (google these).

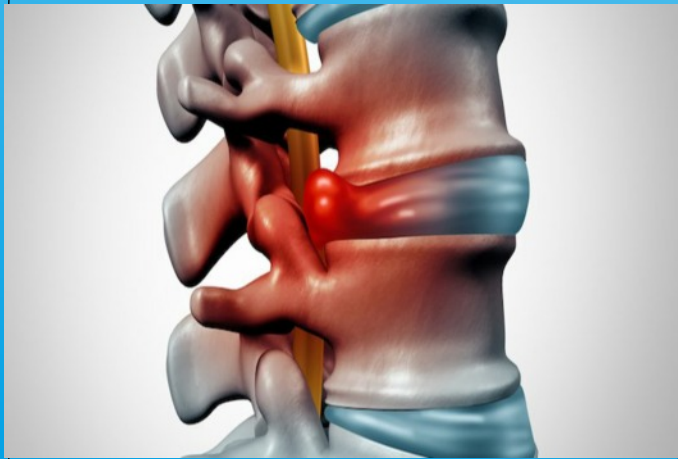
Straight leg raises: This entails lying on your back and lifting your straight legs off the floor. This is similar to sit-ups, just moving legs to body, not body to legs. Similar pressure is put on the spine in this exercise. Also, the stomach muscles are not attached to your legs, so they do not contract maximally with these types of exercises.

Running: My rule - only run if you have to, i.e. you are getting away from danger, or you are catching your dinner! Walking is safer on the joints, is as good for the cardio-vascular system and if more fun to do.

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News

Happy Easter to everyone. We hope you have a great holiday and enjoy the lovely weather we are having. If you are travelling, please drive with care and make it back in one piece.

Bulging discs

This injury is something that no-one wants. It can be very debilitating and painful and can interfere with daily activities and work.

So what causes bulging discs? Many think it comes from lifting heavy objects incorrectly, but this is the least common cause. Lifting heavy objects could well be the last straw, so to speak, but it is what has happened prior to that that leads up to a disc prolapsing.

In many of these situations, there is a long and slow build-up to the prolapse, often involving a slowing of the blood flow to the lower back and legs due to over-demand on the nervous system

that controls the blood flow rate.

This slowing of the blood flow leads to weakening of the hip muscles and tightening of the soft tissues running parallel to the spine. Hip muscle weakness causes over-compensation in the lower back muscles, thus increasing the tightness of the soft tissues there.

Over a period of time this tightening parallel to the spine slowly compresses the vertebrae putting added pressure on the discs and at any point they could prolapse and put pressure on the local nerves exiting the spine.

So the key to preventing this is to ensure your hips are working well and your back is flexible, so pressure is not increased on the discs.

EXERCISE OF THE MONTH:

Hook Lying Combo

Another good exercise for trunk stability is this one. If you have any lower back pain occurring from doing this exercise, please discontinue.

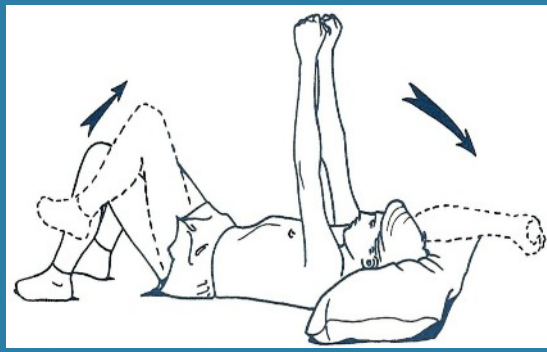
The starting position is lying on your bed or floor with your knees bent and feet on the floor. Your arms will be up in front of you.

Start the exercise by tensing your stomach muscles and lifting one foot off the floor just a few inches and dropping the opposite arm down above your head.

Hold this position for 7 seconds and then return to the starting position. Do this now with the other arm and leg and alternate side to side until you have done 5 to 10 repetitions per side.

Do not do this with straight knees, as this will put unnecessary strain on your lower back. Keep the knees bent to decrease tension across the front of your hips.

If you feel the lower back arching off the bed/floor this means you have gone too far with your leg or arm. Just ease back a bit till the lower back is resting on the bed/floor again.



BRAIN TEASERS OF THE MONTH

I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness. What am I?

Answer below

Have a laugh



Tip of the month

Life's battles don't always go to the stronger or faster man. But sooner or later the man who wins, is the man who thinks he can.

- Bruce Lee

Applied Kinesiology

Kinesiology literally means the study of body movement, it is an holistic approach to balancing the movement and interactions of a person's energy systems. Gentle assessment of muscle response monitors [those areas] where blocks and imbalances are impairing physical, emotional or energetic well-being. The same method can identify factors, which may be contributing to such imbalances. The body's natural healing responses are stimulated by attention to reflex and acupressure points and by use of specific body movements and nutritional support. These can lead to increased physical and mental, emotional and spiritual well-being.

Kinesiology evolved from the innovative and inquiring mind of an American chiropractor, George Goodheart DC. In 1964 Goodheart started to use muscle testing to evaluate the effectiveness of his treatments. He would test a series of muscles before and after a treatment, which gave him valuable feedback on how effective a treatment was for the condition he was treating. This led him to look further into muscle spasm and eventually led him to realising the importance of treating the weak muscles and not the tight ones, as it is because there are weak muscles that we get the opposite group getting tight.