

NERANG PHYSIOTHERAPY

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The **difference** is obvious

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What can we do for you?

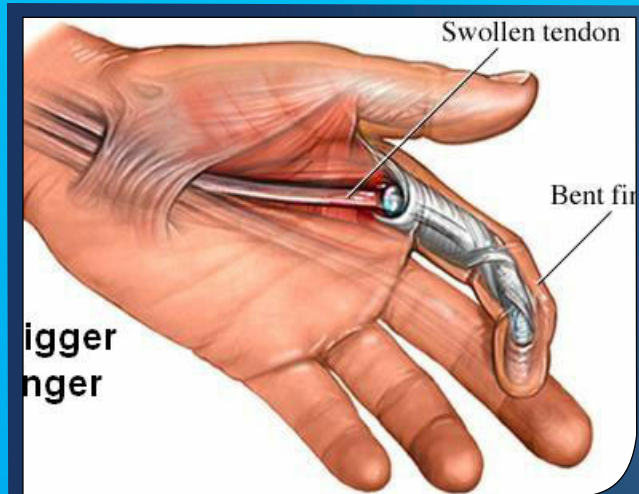
At Nerang Physiotherapy it is our goal to restore you to a state of good health with a body that functions with natural strength and flexibility.

Our bodies are designed in a way that the soft tissues that encase everything in the body, i.e. muscles, nerves, blood vessels, organs, etc. run in tubular layers from the top of the head to the toes.

So when we get into trouble we will 'shrink' from top to bottom. Our goal here will therefore be to lengthen the body again through particular soft tissue techniques.

This restore the natural length of the body and allows everything in the body to function well. We do not incorporate a lot of exercise early on in the treatment as exercise tends towards further shortening.

Our techniques and approaches to pain and dysfunction are unique in many ways and are highly effective. We aim to get you well and keep you well. Give us a call.



Trigger finger

Trigger finger is a common disorder characterized by catching, snapping or locking of the involved finger flexor tendon, associated with dysfunction and pain.

The label of trigger finger is used because when the finger unlocks, it pops back suddenly, as if releasing a trigger on a gun.

It is unclear as to what the true causes are and there have been many attempts to explain how it happens. What is known is that the tendon of the finger involved becomes inflamed and restricted.

This could quite easily be due to overuse of the digit as in the use of a mouse on the computer, knitting, painting, etc. Overuse demands increased rates of

GENERAL NEWS

Don't wait for pain to strike. Why not prevent painful conditions by having regular check ups with your Physiotherapist Pete. Early detection of weakness and stiffness can prevent many conditions from flaring up and could save you money.

blood flow from our Sympathetic nervous system, which in turn may become fatigued. This leads to reduced blood flow to the fingers/hands and thus allows tightness to occur in the finger tendons and muscle sheaths.

This tightness in the soft tissues results in increased stress and strain through the tendons and thus inflammation occurs. This restricts the tendon flexibility and thus trigger finger occurs.

At Nerang Physiotherapy we have successfully treated this condition many times and this is done by improving the nervous system's control of the blood flow and releasing tightness in the forearm muscle sheaths.

This results in reduction of the stress through the tendons and reduced inflammation, better movements and relief of the trigger finger.

EXERCISE OF THE MONTH:

Concentric vs Eccentric contraction

Want to know how to build muscle quicker with less effort? It all boils down to how you do your exercise.

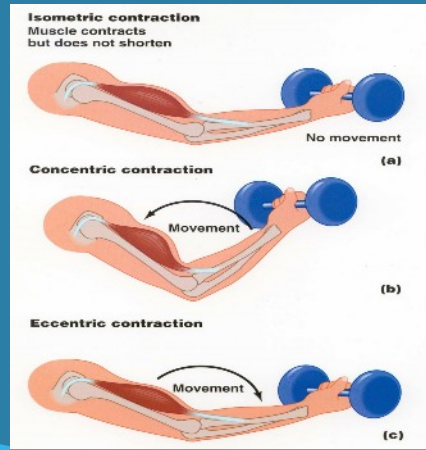
If you are using weights in any way, there are 2 types of muscle contraction. Typically we use the concentric contraction more commonly. This is when we lift a weight while bending a joint (see diag.)

However there is another way to strengthen a muscle and this is through eccentric contraction. What this means is you bend a joint holding a weight and then slowly straighten the joint as in the diagram. The speed is important as the slower you go the more work your muscle does.

Eccentric contractions actually make the muscle work 30% more than concentric contractions. This means you can do less repetitions to get the same goal hence less output.

If you have a buddy training with you you can ask your buddy to assist you in lifting the weight into the position where your joint is bent and then you do the lowering slowly.

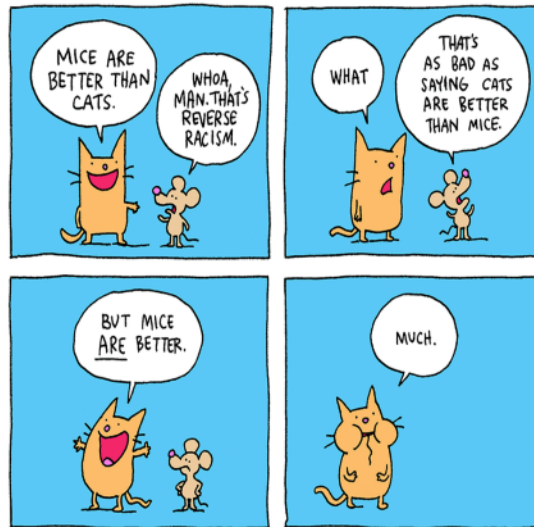
An example of an eccentric exercise is walking down stairs or down hill. The thigh muscles are lengthening at the same time as they are controlling and as you know there is more effort in going down than up hill. Try it for yourself and see.



BRAIN TEASERS OF THE MONTH

1. If you had five mango and two bananas in one hand and two mango and four bananas in the other hand.
2. Why is 6 so much afraid of 7 ?
3. Who is silent in the parliament?
4. Why are televisions attracted to people

Have a laugh



Tip of the month:

Many people ask me what the best diet is and this is not an easy question to answer. Everyone will tend to respond differently to different diets. Remember, however, diet means 'lifestyle' in Greek, so it is not just about what you eat or drink, but how you live your life in general.

Generally I recommend a balance between carbohydrates (veges, salads, nuts, seed, fruit, etc.) and proteins of 70% carbohydrates and 30% proteins. It boils down to the old meat and 3 veg story. Balance is the key.

Answers: 1. Very large hands. 2. Because 7 was hungry and 7,8,9! 3. The letter 'a' is silent in parliament. 4. Because people turn them on.

Muscles: Our lie detectors

We have one great advantage to any machine in the world and that is the ability to assess the strength of a muscle manually to ascertain if it is functioning well enough.

In Applied Kinesiology we use the stress response found in every muscle to get feedback from the body regarding mechanical imbalance such as faulty joints, pelvic imbalance, Acupuncture meridian dysfunction and even individual vertebral displacement. Muscles cannot lie and our stress response is accurate and repetitive.

Muscles often indicate where a problem began as in many situations the pain is somewhere distant from the original imbalance. At Nerang Physiotherapy we use muscle testing a lot to find where problems originate.

It is a great tool to use as both you and the therapist can feel changes in muscle strength both before and after treatment and improved muscle strength indicates improved blood flow and flexibility. Get your muscles tested now.