NERANG PHYSIOTHERAPY Peter Mitchell

The difference is obvious

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Pain: Not just a local event

The spinal cord is the keyboard on which the brain plays when it calls for activity. But each 'key' in the console sounds not an individual 'tone' such as the contraction of a particular group of muscle fibres, but a whole 'symphony' of motion.

In other words, built into the cord is a large repertoire of patterns of activity, each involving the complex harmonious, delicately balanced orchestration of the contractions and relaxation of many muscles.

The brain thinks in terms of whole motions, not individual muscles. It calls, selectively, for the preprogrammed patterns in the cord and brain stem, modifying them in countless ways and combining them in an infinite variety in still more complex patterns.

Each activity is subject to more modulation refinement, and adjustment by the feedback continually streaming in from the individual muscles, tendons and joints.

To put it in other terms, when exercising go for complex movements not isolating individual muscles.





Twisted ankles and the hip factor

Many people suffer long-term pain from twisted ankles that do not settle as expected. They can take months to recover and even then it may not be full.

So what can prevent the ankles from recovering fully? Most common is the fact that the hip muscles are affected by the initial injury more than we think.

When we go over on an ankle, the soft tissues up the leg from the ankle to the hip are affected and can tighten. This can have repercussions right up the leg causing weakness.

If the hip is affected the hips will become weak, which will then mean we are walking on weak

GENERAL NEWS

So summer is officially over, could have fooled me. At this time of the year it is important to start thinking about dressing appropriately as the weather cools, making sure not to expose too many body parts to cooler temperatures. This can prevent colds and flu's.

hip muscles. What this does is put more load into the leg again as the power of the hip muscles is lacking and not supporting the leg well enough.

When this happens the thigh and calf muscles have to work harder to support the hip, thus putting unnecessary strain on the the knee and ankle.

As it is the calf muscles are affected by the initial injury and now they are doing more work again, thus making it difficult for the ankle to recover as it is under more strain than it should be.

For a complete recovery it is imperative that the hip is also assessed and treated in this way removing any extra stress on the leg/calf/ankle and then local work can be done successfully on the injury.

EXERCISE OF THE MONTH:

Neck toning

In our modern world of computers, driving, schooling etc. we are exposed to a lot of unnecessary load on the neck

Fixed positions, limited movements all lead to stiffness and weakness in the neck muscles. So apart from daily stretching and quality movements we could help muscles by toning them with simple, controlled resistance exercises.

The 4 basic directions of resistance will be forward, backwards and to each side. Holding a pressure from the hands increases tension in the muscles and then after the release it relaxes the muscles.

As per diagram, hold hands behind the head and push back with your head and resist with your hands, There should be NO movement with these exercises. The idea is to use what is termed Isometric exercise, i.e. strengthening with resistance without movement. Hold this for 7 seconds at least but no more than 10 seconds. Do this only once.

Repeat this with resistance to the front and both sides. Do this at least once a day or before sport or even during sport or when driving long distances (only when stopped).



BRAIN TEASER OF THE MONTH

A man walks into a bar and asks for a drink. The bartender pulls out a gun and points it at him. The man says, "Thank you," and walks out. (Answer below)



Should Acupuncture hurt?

Have you ever wondered if Acupuncture hurts? Maybe you have stayed away from having some because of the concern of how it is going to feel.

Acupuncture in most situations is painless. Why? Because the needles are specifically designed not to injure the body but to displace body tissues.

The reason for this is we do not want to stress the body too much, only cause a minute injury which will stimulate the body to respond with a natural healing process.

This brings in all the normal mechanisms of repair physiologically, such as natural pain-killers, anti-inflammatories, better blood flow, etc.

So the mechanism is one of injury-repair and it is the body that does the work. Needles are very thin, tapered from top to bottom getting thinner towards the point and are actually microscopically blunt at the tip.

This fits perfectly into the body's law that minimal stimulation to the body results in maximal physiological response from the body, the less is more principle.

Tip of the month:

Don't get caught out with the oncoming cooler weather and winter not far off. Start increasing your anti-oxidant intake either via winter fruits such as berries, oranges and limes/lemons or via supplements like Vitamin C powder, Tumeric (Curcumin Longa), Neem leaf extracts, olive leaf extracts, etc. Prevention is easier and cheaper than cure. Don't forget to speak to your GP about flu innoculations if you so choose.

The man has hiccups; the bartender scares them away by pulling a gun.

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