

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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Groin pain

A common misconception about groin pain is that it originates in the groin. As much as some of it may, this is a very small percentage.

Yes there may be evidence of tendonitis and small tears in the groin, but this is usually due to excessive strain in the area because it is compensating for weakness in other hip muscles.

The most common cause of groin pain originates with the hip abductors. These are the muscles on the outside of the hip that stabilise you when you walk or lift your leg sideways.

When these become weak the adductors (groin muscles) have to work harder to stabilise the pelvis, thus becoming over-worked, tight and painful. Some pain in the groin can be referred from a deeper hip muscle called the Piriformis.

Damage to the groin muscles is the end result but NOT the cause, and if left untreated, the hip abductors will cause a similar pattern again at a later stage.

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News

We are now moving into the lovely time of the year where the heat eases and the air cools. Beautiful days in a beautiful place. Prevention is better than cure, so get warm BEFORE it gets cold in the evening. It's easier to cool off than to warm up.

Frozen shoulder

Frozen shoulder, also called adhesive capsulitis, causes pain and stiffness in the shoulder. Over time, the shoulder becomes very hard to move.

After a period of worsening symptoms, frozen shoulder tends to get better, although full recovery may take up to 3 years. Physical therapy, with a focus on shoulder flexibility, is the primary treatment recommendation for frozen shoulder.

Frozen shoulder most commonly affects people between the ages of 40 and 60, and occurs in women more often than men. In addition, people with diabetes are at an increased risk for

developing frozen shoulder.

Your shoulder is a ball-and-socket joint made up of three bones: your upper arm bone (humerus), your shoulder blade (scapula), and your collarbone (clavicle).

In frozen shoulder, the shoulder capsule thickens and becomes stiff and tight. Thick bands of tissue — called adhesions — develop. In many cases, there is less synovial fluid in the joint.

The hallmark signs of this condition are severe pain and being unable to move your shoulder -- either on your own or with the help of someone else. It develops in three stages: freezing, frozen and thawing. It can take anything from 6 months to 3 years to recover.

EXERCISE OF THE MONTH:

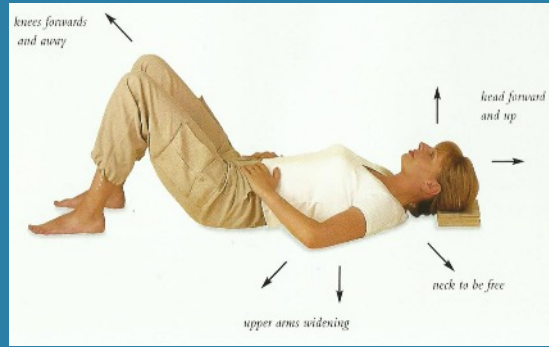
Semi-supine

Standing and sitting for long periods compresses the spine. Lying down in a semi-supine position is a way of alleviating unnecessary tension in the muscles and joints and should be done every day for at least 20 minutes.

It also encourages a better awareness of the head, neck, back relationship. Position yourself as in the diagram, preferably on a firm surface like the floor or firm bed. Use a few small, soft covered books under your head to align your neck. This must not irritate your muscles at all, but just feel like there is mild tension in the back of the neck.

While in this position focus on any particular areas that you feel are tight without trying to correct the tension, just allow your mind to focus on these and your body will do the rest.

Ensure to keep the knees parallel and not let them move out or in as this will alter the alignment of the back. Relax and enjoy.

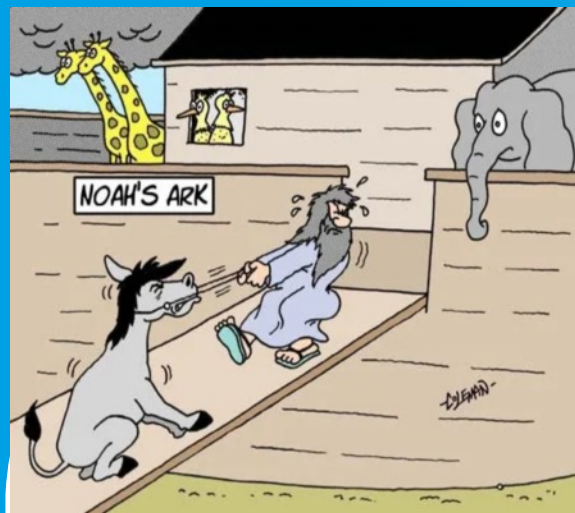


BRAIN TEASERS OF THE MONTH

Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?

Answer below

Have a laugh



Tip of the month

“Love is like a friendship caught on fire. In the beginning a flame, very pretty, often hot and fierce, but still only light and flickering. As love grows older, our hearts mature and our love becomes as coals, deep-burning and unquenchable.” Bruce Lee

Amazing home remedies

Dehydrated skin:

Oils, such as avocado, olive, and coconut, can be very hydrating. You can apply these to your face or your body and they'll deeply penetrate the skin for long-lasting moisture. You can also mix them into your existing treatment cream. Note that because these oils can leave a greasy feel, they're best applied to damp skin or emulsify with some lemon juice and apply. Olive oil also has a sun protection factor of 50!

Acne:

High-carb foods are linked to acne—and weight gain—because your body experiences an increase of glucose and insulin levels. People who eat a healthy diet (that incorporates healthy carbohydrate foods like produce and whole grains) have half as many acne breakouts, and is why avoiding all commercial dairy products, processed foods, refined sugars, and processed commercial oil products will naturally help fight acne. Instead eat fruits, vegetables, drink plenty of water, and consume only healthy fats such as flaxseed oil, coconut oil, extra virgin olive oil, as well as fermented foods. Your skin and your waistline will thank you for these natural remedies.