

NERANG PHYSIOTHERAPY

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The difference is obvious

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Frozen Shoulder:

A possible cause?

It is an unknown as to the cause of frozen shoulders as they occur out of the blue. Looking at it from a different perspective my hypothesis is as follows:

Overuse over a period of time causes weakening of the sympathetic nervous system responsible for controlling blood flow rate to the shoulders/arms.

This reduced blood flow rate results in stiffness of the capsule of the joint, the part that 'freezes' (see pic). This slow process results in pain, some from mechanical strain, some from a lack of oxygen in the tissues.

Once the shoulder is 'frozen', with minimal movement, the pain eventually eases. This possibly means the nervous system is now starting to recover.

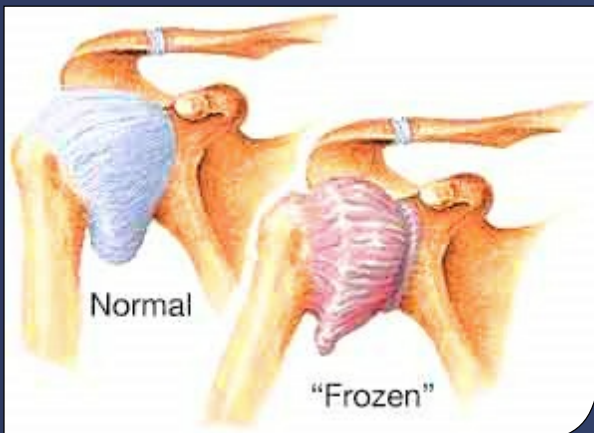
With a slow return of blood flow control to the shoulder, the movement returns and pain eases further. The length of time of recovery (6 months to 2 years), I believe, depends on the level of fatigue in the nervous system.

Hence treating the sympathetic nervous system together with soft tissue release can aid in a quicker recovery.

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PRACTICE NEWS

Prevention is better than cure. We are offering a free Quick Scan of 16 of the most important muscles in the body to ascertain if you could be heading for pain, injury or arthritis. Book your 10 minute session now and ensure you are in good shape.

REBOUNDING AND LYMPH FLOW

IMPROVING YOUR HEALTH

Unlike the blood circulatory system, which has the heart as its pump, the lymphatic system, the cleanser of the body, does not have its own dedicated pump.

Instead the flow of lymph is regulated by a series of one-way valves which depend on definite stimulants for activation including muscle contractions, deep diaphragmatic breathing, pumping of the arteries, movement of the intestines and lymph massage.

The lymphatic system drains approximately 2 to 4 litres of fluid from the cell environment via a method of hydraulics and pressure. Valves control this flow.

One of the best ways to boost lymph flow and drainage of waste in the body is rebound exercise (mini-trampolines specially designed for rebounding).

No other activity can offer lymph drainage with so much effect, ease, enjoyment - and availability (it's like having a team of lymphatic masseurs available to do lymph massage whenever you want).

So how does rebounding increase lymph flow so effectively?

1. As you bounce and accelerate upwards the lymph valves close forcing fluid up and increasing pressure
2. At the top of the bounce the valves open allowing the fluid to move forward into the next chamber
3. At the bottom of the bounce the valves close allowing pressure to build once again
4. In addition every cell receives a gentle 'squeeze', clearing waste build up and allowing oxygen and essential nutrients to enter.

It only requires 2 minutes on a Rebounder to flush the entire lymph system, and have fun while doing it! Talk to us now about our classes or purchasing a Rebounder for your home.

EXERCISE OF THE MONTH:

TIBETAN NO. 1

In the next 5 months we will show you the Five Tibetans, 5 dynamic exercises for general health.

Stand up straight with arms outstretched to your sides, fingers together, palms facing down. Holding this arm position, spin full circle starting to the right.

Repeat the spin 21 times without a break. When you finish spinning, stand with feet together and hands on hips.

Take a full breath in through the nose and exhale through the mouth with pursed lips in an "O". Repeat this twice.

You may experience dizziness when you first do this so don't push it. This exercise strengthens the vestibular apparatus, the balance mechanism of the inner ear. With regular practice the dizziness will stop. Do this once a day.



BRAIN TEASER OF THE MONTH

Try this lateral thinking puzzle:

A man lives on the twelfth floor of an apartment building. Every morning he takes the elevator down to the lobby and leaves the building.

In the evening, he gets into the elevator, and, if there is someone else in the elevator -- or if it was raining that day -- he goes back to his floor directly.

Otherwise, he goes to the tenth floor and walks up two flights of stairs to his apartment.

Why?

Shoe advice

The shoe should be higher at the back compared with the front, from 1cm – 2.5cm is optimum

Shoes should contain a shank or technology that does not allow the shoe to bend in the middle. Your foot does not bend in the middle so the shoe shouldn't either. The shoe will bend at the toe, as does your foot

A firm heel counter controls and supports the heel joint when it contacts the ground when walking or running. This helps prevent excessive pronation or supination

Laces provide a customised fit around the mid-foot that provides support and control. You can also loosen them off if your feet swell

The sole of some shoes are made for certain types of feet. e.g. neutral shoe for the supinated/neutral, stability shoe for the mild over printer, and motion control shoe for the excessive over pronator

Have a laugh



Tip of the month: The Office gym

Many of you spend an awful amount of time on your backsides in a chair (even the best ergonomic chair is not designed for long-term sitting) and this can lead to many complaints such as lower back pain, neck and shoulder pain, circulatory disorders, etc. To help prevent this get up and move around at least every 15 to 20 minutes. Do some 'Office gym', e.g. walking on the spot, one arm wall press-ups, lunges, twisting, etc. Get your mates involved.

Even when you are in your chair you can still move your legs from side to side, arch your back, bend your back sideways, swing your legs, raise your arms and move your neck.

Movement is essential for good health and body function and a great prevention of disease and dysfunction. So go for it - and tell your boss!

The man is a dwarf. He can't reach the upper elevator buttons, but he can ask people to push them for him. He can also push them with his umbrella.

Answers: