

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

Feb
2022

Sprain vs strain

Many of you have at some stage twisted and ankle or a shoulder or even a finger.

How do we then differentiate between a strain and a sprain. Well basically a sprain is a strain but with the addition of a tear of a muscle or tendon.

Often a strain will have no sign of bruising as the muscles or tendons have not been torn just over-stretched and this can be used as a means of diagnosis.

Ligaments do not have a very good blood flow and even a tear of a tendon does not always lead to bruising, at least not visible bruising.

When a muscle tears sometimes we do not see bruising either as the bruising will get trapped in the sheath of the muscle and may only show much later.

Treatment of a strain or a sprain is generally the same, we just need to be aware when there is a tear as this will take longer to repair than a strain. The key to a good recovery is early intervention preferably within the 1st 48 hours.

8/5-7 Lavelle Street, Nerang, Queensland, 4211

Tel: 07 5596 4711 | Web: www.nerangphysio.com

Email: nerangphysiotherapy@onthenet.com.au



Elbow pain

This area of the body is not commonly an issue compared to say, shoulders or lower back issues, however it can be very painful and debilitating when it does get injured.

Most elbow pain will stem from overuse, but naturally there can be local trauma such as dislocation or fracture.

Elbow pain tends to manifest in 2 areas, the inside or the outside of the elbow. The pain on the inside of the elbow is often termed Golfer's elbow, while pain on the outside is termed Tennis elbow.

Some pain in the elbow can be as a result of compensation for weakened shoulder muscles, with the upper arm muscles doing more work than normal due to a lack of support

From the shoulder muscles. However, the most common cause of elbow pain, inside or outside is overuse of the hand/wrist complex. Examples of this are computer use (mouse), or repetitive movements as in exercise or any physical work with the hands.

This overuse causes the fascia (sheath) around the muscles being overused to tighten. This tension is then transferred to the tendons of the muscles where they attach to the elbow bones.

Over time this will irritate the tendons and eventually result in inflammation of the tendons and pain.

Treatment must include boosting blood flow rate to the arm, releasing the fascia around the muscles and mobilising the wrist and elbow joints to release the tension on the tendone. When all of this is completed the pain will settle.

News

Please don't forget our specials we have running, you can be rewarded for referring a friend and if you know your treatment will take some time you can get a discounted rate if you buy treatment sessions in bulk. Don't miss out, ask at reception for further details.

EXERCISE OF THE MONTH:

Trunk Stability

Further to improving stability of the trunk we introduce the following exercise. It is nice and easy and can be done any time of the day, but a good time can be first thing in the morning.

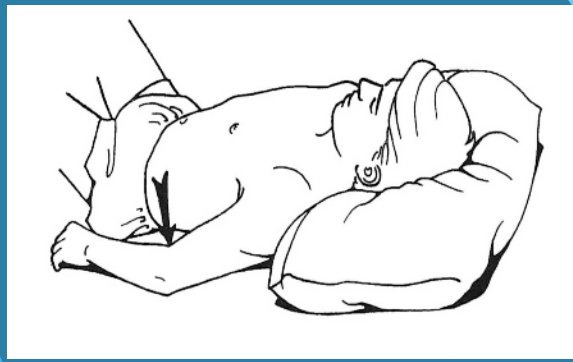
To do this exercise, lie on your bed or on the floor with your knees bent to about 90 degrees. If you put your flat hand under the small of your back you will usually find it is slightly raised off the floor/bed. This natural curve in the lower back is due to the spinal curves.

In this position, take a breath in and arch just the lower part of your back gently and then breathe out and relax the back and then as you continue to breathe out, flatten the lower back against the bed/floor. This will mean activating abdominal muscles which will help stabilise the trunk.

Do this 10 times, each time taking a deep breath which in its own right will help relax the body in general.

Lower back muscles and trunk/abdominal muscles work together to stabilise the trunk, they are NOT power muscles that require a lot of strengthening exercise, flexibility is the key here.

Make sure to stretch regularly to maintain good mobility and stay strong and healthy.



BRAIN TEASERS OF THE MONTH

1. Find a number less than 100 that is increased by one-fifth of its value when its digits are reversed.
2. Which three letters can frighten a thief away?

(Answers below)

Have a laugh

Wife: Did I get fat during Quarantine?
Husband: You were never really skinny! 🙄
Time of Death: 4/25/20
11:23pm
Cause of Death: Corona virus

Amazing water remedies

Here are some wonderful healthy water remedies to maintain good health.

Rice water: for glowing skin, healthy hair and energy boost

Lemon water: for flat tummy, flawless skin and enhanced immune system

Fennel water: for weight loss, smooth menstrual cycle and enhanced digestion

Ginger water: for less bloating, help for colds and headaches

Mint water: for full body detox, improved digestion and clear complexion

Making these waters is just like brewing tea, hot water plus the contents necessary and there you have it. Drain the contents and drink the water. You can add a bit of honey if you like.

Please note these are not considered treatment for any particular illness, if you suffer from any unusual symptoms please see your doctor.

Tip of the month

“Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot it becomes the teapot. Now, water can flow or it can crash. Be water, my friend.” - Bruce Lee

Answers:
1. 45 (1/5 of 45 is 9: 9+45 = 54)
2. ICU