

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Wrist watches and your muscles

In the mid-nineties, my father and I did a couple of years' research on the effects of wrist watches on the human body, in particular the muscles.

What we found in the end was that all watches with batteries had a negative impact on the body and caused weakness in specific groups of muscles.

The muscles involved were the Hamstrings and the Tensor fascia lata, a small muscles on the front of the hip bone that forms the ITB down the side of the thigh to below the knee.

These muscles became weak in the presence of a wrist watch. Why this is the case we could not explain except to say the frequency of emissions from the watch must have affected the body's electrical fields somehow and this focussed on these muscles.

Funnily enough these are 2 of the common muscles injured in runners, and most runners wear watches. So could we avoid injuries by removing watches from runners? Possibly, or maybe wearing a protective device like an Aulterra device could help, available here.

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## SHOULDER PAIN OR NECK PROBLEM?

Probably the second most common complaint these days is shoulder pain and this is not unusual given that we have become a computer society.

Sitting at desks and typing away or using the mouse has become a major cause of shoulder issues as we have to remain quite tense in the shoulders to be able to work with finesse in the fingers.

However, the shoulder pain may not be just a shoulder issue, as the neck is often the starting point of a lot of the tension. I am not talking spinal problems when I talk about neck pain, but simply a tightening of the soft tissues of the neck due to the muscles being held tight while on the computer.

This could easily happen when driving a car as well. It is also important to understand that neck and shoulder problems of this type, i.e. overuse, begin in

the Sympathetic nervous system that controls blood flow rate. This system becomes fatigued and this alters blood flow rate to the neck and shoulder, resulting in stiffness and weakness.

Pain eventually develops when we lose enough flexibility and strength that the body is forced to compensate with other muscles and this puts strain on pain-sensitive structures around them, such as the capsule of the joint, ligaments and the bursae.

Being able to differentiate the types and patterns of pain is also vital to understand where the problem lies. Generally pain in the shoulder can be divided into 3 patterns. Pain in the front of the shoulder is referred from the muscles that attach to the back of the shoulder, the opposite is true for pain in the back. Pain down the side of the shoulder usually stems from the bursa or the capsule of the joint.

However many other pains in the arm are mostly referred from the neck muscles and these need to be examined and treated for a successful result.

## News update

As a Christmas special this year we are offering NO initial fee for new patients for the whole of December. If you know someone who requires our help, please let them know they will only be paying a standard fee for their initial appointment, saving \$16.

## EXERCISE OF THE MONTH:

### Pelvic tilt

Here is another classic for lower back pain and dysfunction. Too often we get into a poor lower back posture where the hips roll forward and this leads to an increased curvature of the spine. Try this to ease the tension in the lower back and increase pelvic stability.

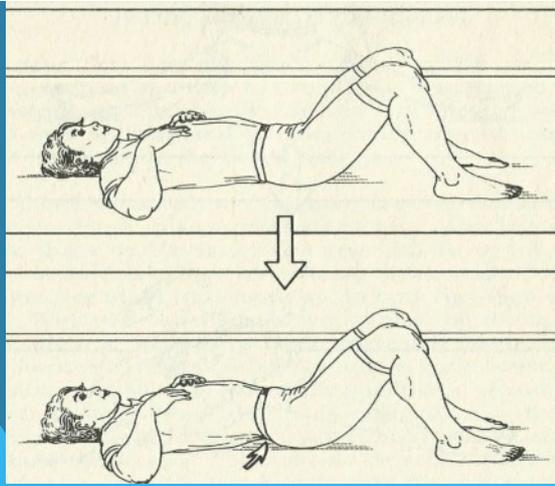
Lie on your back with your knees bent, feet flat on the floor, hands resting on your chest or by your sides.

Roll the front of your hips towards your head to flatten your lower spine onto the floor. Do not lift your hips off the floor.

Then roll your hips away to make the lower back arch off the floor, creating a gap between your back and the floor.

Do these rolls in a smooth continuous motion, flattening the back onto the floor and rolling the back off the floor. Remember to breathe as you move the hips back and forth.

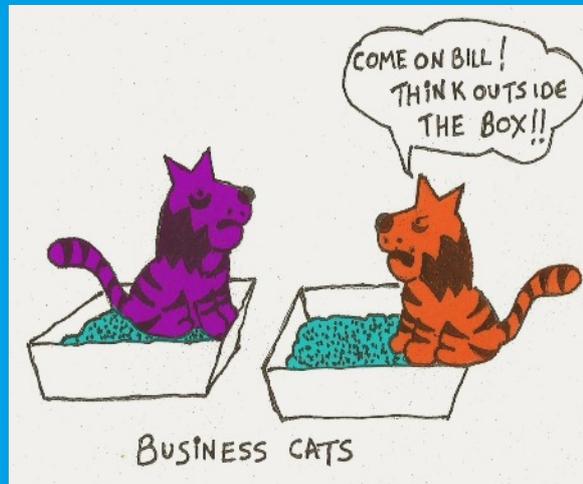
Doing this daily about 10 times per day can assist in re-establishing a better lower back posture and can help relieve pain.



## BRAIN TEASER OF THE MONTH

There is a large wooden barn which is completely empty except for a dead man hanging from the middle of the central rafter. The rope around his neck is ten feet long and his feet are three feet off the ground. The nearest wall is 20 feet away from the man. It is not possible to climb up the walls or along the rafters. The man hanged himself. How did he do it?

### Have a laugh



### Tip of the month: Standing

What is the best way to stand? Much of the answer involves how the weight is distributed between the front and back of the foot. Ideally you will share the load between the heel and the balls of the feet, NOT the toes. No weight should actually be taken through the toes. To test this stand normally, then lift your toes off the floor. If you feel yourself rock backwards then you have had too much weight on your toes. Share the weight at a 70:30 ration between the heel and the balls of the feet for optimum balance.

## Healthy living column

You've probably already read that drinking water with fresh lemon is an excellent way to BOOST your health.

And I'm willing to bet that after squeezing that lemon, you most likely toss it in the trash because it has been used - RIGHT?

WRONG!

Lemon peels are a valuable commodity especially when it comes to cleaning your home.

Conventional cleaners are made with synthetic fragrances and harmful chemicals, which:

- Contain hazardous chemicals
- Can irritate your skin
- Cause respiratory problems
- Are poisonous if ingested

How to use lemon peels to clean your house:

Place lemon peels in a jar. Cover with white vinegar and leave sealed for 2 weeks. Strain the water and combine it with water at a ratio of 1:1. Pour into a spray bottle and use as you normally would for cleaning surfaces in your house.

Answer: He climbed on a block of ice which has since melted.