

# NERANG PHYSIOTHERAPY

Peter Mitchell

The **difference** is obvious

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## Let us know

Given the nature of Physiotherapy there will occasionally be situations where you as the patient are unhappy about some part of your experience, whether it be the front office staff or the therapist or the treatment itself.

Some people do have certain expectations about treatments and other experiences at a Physiotherapy practice, but if this is not communicated to the correct person, then the problem will be very difficult to solve.

We are very open to any form of positive criticism or input in order to enhance your experience with us so please don't feel concerned to speak to us about these issues so we can help resolve them.

It is always better to be honest and up front as this will most likely result in both parties being happier and getting what they want, a good result all round.

We aim to offer the best treatment and experience available and this can be improved by letting us know what your concerns are. Thanks in advance.

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## News

Autumn has arrived and what beautiful weather this normally brings. A reminder we are now open on Saturday mornings from 07h30 till 12h00, so if you struggle to get an appointment during the week we will be happy to see you on Saturday. Keep well.

## My pain moved!

A common occurrence in recovery from injury or pain is that pain seems to move from one place to another.

As most pain comes from strain on pain-sensitive structures, it will be where that strain is most dominant.

When treatment is administered, strain is released from the most dominant area as this is the one that can show itself. As this strain is eased the strain on the next most dominant area will show, and it will feel as if pain has moved, but this is not the case.

Pain has just been able to present itself in a new area.

What really happens is the information of pain travelling along the nerves can be coming from many areas, however, only the strongest signal will reach the brain, this mechanism is called the gate control mechanism and prevents the brain from being over-loaded.

So as treatment progresses and the main area is restored it will then allow the next most dominant area to send signals to the brain. It's a bit like trying to get into the traffic from a side road, only when the traffic in the inner lane slows enough can you get in.

So don't be concerned if during your treatment you develop 'another pain', this is not the case, just your body allowing the next area to let you know it requires help.

## EXERCISE OF THE MONTH:

### Hydrotherapy

Hydrotherapy is a water-based treatment often used in conjunction with other therapies for the gentle relief of pain.

Warm water exercises help strengthen muscles, reduce pain and improve balance and flexibility.

Hydrotherapy treatment helps build muscle strength in a non- or low- weight bearing capacity.

Water immersion means that the impact is taken off your muscles and joints, creating a low-impact environment for your physical therapy.

Being in water provides a greater ability to stretch and improve flexibility than out of water.

Hydrotherapy assists with the treatment of pain in muscles and joints.

Research shows that water-based therapies like hydrotherapy release 'feel good' hormones (called endorphins) that improve mental and physical health and well-being.

Our Exercise Physiologist Joel Wearne can assess your individual condition and set you up with a programme for the pool. Call to find out more.



## BRAIN TEASERS OF THE MONTH

You are driving down the road in your car on a wild, stormy night, when you pass by a bus stop and you see three people waiting for the bus:

1. An old lady who looks as if she is about to die. 2. An old friend who once saved your life. 3. The perfect partner you have been dreaming about. Knowing that there can only be one passenger in your car, whom would you choose?

Answers below.

### Have a laugh



## Wellness Information

### Mental wellness

Mental wellness tips are important to know when working on improving your mental wellness.

1. Exercising is a great mental health tip because exercise helps burn anxious energy and prevents muscle tension. Exercise releases endorphins that provide a cathartic and relaxed sensation throughout the body and mind. Building strength and endurance in your body also boost confidence, which helps you build strength and endurance in your mind. It helps to promote a healthy brain.
2. Eating processed foods and foods that are high in fats can negatively impact mental health. Eating foods that create fat in the body causes the body and mind to feel more lethargic, and slows down functions like motivation, concentration, and energy to get through your day. Limit your sugar and fat intake to maintain a healthy mind
3. A major component of mental wellness is to be sure to sleep well. This prevents fatigue, which can have a negative impact on mental wellness.

### Tips of the month

**Life is too short to spend at war with yourself. Practice acceptance and forgiveness. Letting go of the past is your first step to happiness.**

***Angela Knight***

Answer: The old lady of course, then you give your car keys to your friend and wait for the bus with your perfect partner.