

# NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

June  
2020

## Car seats and your posture

When I was working in England in 2002 I was travelling an hour to work and an hour back. After a couple of months I started getting a lot of mid back pain and funnily enough, heart palpitations.

After some intense research I decided to purchase a foam wedge to put ON my car seat to alter the way I sat in the car.

What the wedge did was make the seat flat on the bottom if not sloping slightly from back to front. This allowed me to sit ON the seat and not IN it.

What this achieves is better activity of the lower back and hip muscles which is the powerhouse of the body and a re-connection between the legs and the upper body.

One result of this is better posture of the upper body and neck decreasing tension in the neck. I have had success with correcting lower back pain, neck pain and headaches with these wedges.

If you want to try one of our wedges you can take one on a trial basis and see if it helps you.

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

Tel: 07 5596 4711 | Web: [www.nerangphysio.com](http://www.nerangphysio.com) Email: [nerangphysiotherapy@onthenet.com.au](mailto:nerangphysiotherapy@onthenet.com.au)



Tingling fingers.  
Carpal tunnel or something else?

Do you suffer from tingling fingers or numbness in the fingers and hand? Are you wondering if this could be Carpal Tunnel Syndrome (CTS)?

Well there are easy ways to assess if you do have CTS. Firstly this only affects the thumb, index and middle fingers and the inside of the ring finger. CTS does not affect the little finger or the outside of the ring finger.

So what if all your fingers are tingling or only the little and ring fingers? Well this commonly stems from the neck, in particular the Scalene muscles which run from the top of the spine to the 1<sup>st</sup> and 2<sup>nd</sup> ribs.

When these muscles get tight they lift the mobile 1<sup>st</sup> rib up and this limits space for the main artery and nerve supplying the arm. Early pressure tends to

cause tingling of the little and ring fingers and further pressure may begin to involve all the fingers.

A further increase in pressure on these structures can lead to pain in the hand and then progressing up the arm. At this stage it can lead to weakness in some of the shoulder muscles as well as of the elbow and wrist.

In the worst case scenario (at least that I have seen), the entire arm could be painful with pins and needles. I saw this in a till worker once and she had already had surgery to remove an extra rib but did not make any difference.

In this case 3 sessions of Myofascial release massage to the neck and she was pain-free!

This is the more common cause of tingling in the fingers and is easily treated. Differentiating between CTS and Scalene entrapment is important to ensure the correct management of the condition.

## News

Please note we will be closed from Sat 27<sup>th</sup> June and will re-open on Monday the 6<sup>th</sup> July. We apologise for any inconvenience this will cause. We will get you back on track as soon as we get back. Many thanks for your patience.

## EXERCISE OF THE MONTH:

### Walking

What can be simpler, taking a nice walk through the countryside or near the beach can really invigorate the body, increase immunity and maintain good muscle tone.

What if you could add to that and bring in another dimension to walking? When you walk and do not focus on what your body is doing you can end up in a state of brain dyslexia.

As much as the arms and legs are moving in the way they should, the brain could simply go to sleep as it is a very repetitive motion. So why not give your brain a bit of exercise too by concentrating on a part of your body while you walk.

As an example, focus on how one of your heels strikes the ground, or how you left hip feels when you land on that leg, or how your shoulder is moving. This brings in the brain and increases neural stimulation and activity.

Another thing to do is maintain a good long stride and make this control your pace. If we speed up we tend to shorten the stride and this can result in stiffness in the hips. So stride out and maintain a lengthy stride, even if you are going up or down a hill. Happy walking.



## BRAIN TEASER OF THE MONTH

You have a small coin, an empty wine bottle, and a cork. If you put the coin in the bottle and replace the cork into the neck of the bottle, how can you get the coin out without taking out the cork or breaking the bottle?

### Have a laugh



### Tip of the month

Are you sitting for many hours at the computer? Are you getting a stiff neck and sore shoulders? Try to prevent this happening by getting up and stretching more regularly, squeezing your shoulder blades together to stretch the front of your chest, lifting your arms above your head and behind you. Move your neck into as many positions as you can especially ear to shoulder as this will maintain good range of motion and not allow your soft tissues to adapt to the fixed positions. Move your wrists around as well and straighten your fingers regularly.

## Healthy living column

### Health tips:

#### Eat well

- Don't drink sugar calories. Sugary drinks are amongst the most fattening items you can put in your body.
- Eat nuts. Despite being high in (good) fats, nuts are incredibly nutritious and healthy full of vitamins and fibre.
- Avoid processed junk food. Eat whole foods instead. These foods have been engineered to stimulate your pleasure centres tricking us into eating more.
- Don't fear coffee. Coffee has been linked to longevity and a reduced risk of Type 2 diabetes, Alzheimers and Parkinsons (but don't overdo it)
- Eat fatty fish. Fish is a great source of high quality protein and healthy fats. Salmon is one fish full of Omega 3 fatty acids linked to good health.