

NERANG PHYSIOTHERAPY

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The difference is obvious

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Old injuries come back to haunt

I recently saw someone who had a condition where one of her toes on her left foot would get sore and curl up in her shoe when walking long distance or exercising. The only history was a fracture of that toe a few years ago.

There was only one other symptom she was feeling and that was some right-sided lower back pain. So what was the link between the 2 areas? The left hip muscles were weak.

So why look there? Well many lower leg issues start with weakness of the hip. In her case it was possible the fracture initially altered her walking pattern which could affect the hip. This could have lead to overuse and tightness in the hip resulting in weakness. Over time this challenges the blood flow control and also loads up on the lower leg to compensate for the hip.

This in turn causes tightness and weakness in the calf putting strain on the old injured site and thus affecting the function of the toe. Restoring the hip calf strength and flexibility should solve the toe issue and lay history to bed.

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EXERCISE: WHEN AND HOW?

“We do not get fit through exercising, we get fit through recovering from exercise.” This was a comment made by a sports scientist at Loughborough University in the UK.

The importance of this is often over-looked even in the major professional sports. Too much exercise without sufficient rest and recovery intervals can lead to over-training and injury, let alone fatigue.

Recovery is a major part of maintaining a long life of exercise if this is what we choose so ensuring we do have the correct rest in between exercise sessions is vital to good health.

Whenever we exercise we cause micro-traumas of the soft tissues and muscles and these require time to recover and restore the damaged fibres. 48 hours is a good period of time for this to

News update

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happen but if we don't allow this time we can eventually end up with some more permanent damage.

One of the stated benefits of exercise is the boosting of the immune system. This is true to a point as the white cell count does rise during exercise, but it has been shown the numbers of white cells then diminish after exercise to levels below the norm.

This means that for at least 24 to 48 hours our white cell count is not at normal levels, leaving us exposed to immune challenging conditions. If we exercise the next day the cell count has to rise from below norm to norm and then above to counter the stress of exercise again. Over a period of time this will challenge the immune system to a point where it begins to fail. At this stage we are an illness waiting to happen.

So to ensure you don't over-train do no more than 3 sessions a week, leaving 48 hours in between for sufficient recovery.

EXERCISE OF THE MONTH:

Movement

Ask anyone at the end of the day, 'Did you move today?' And they will immediately think about exercise. However, this is not what I mean by movement.

Movement is taking the different body parts and putting them into positions we don't often get them into. Most of what we do during the day is in front of us so very seldom do we get our arms behind our backs, or lift our legs up behind us, or even bend backwards from the waist.

All these movements are important to maintain or general flexibility. If we don't do this at least once a day we will begin to lose flexibility in these areas and this forces the body into poor postures, causes weakness and eventually we can develop painful conditions.

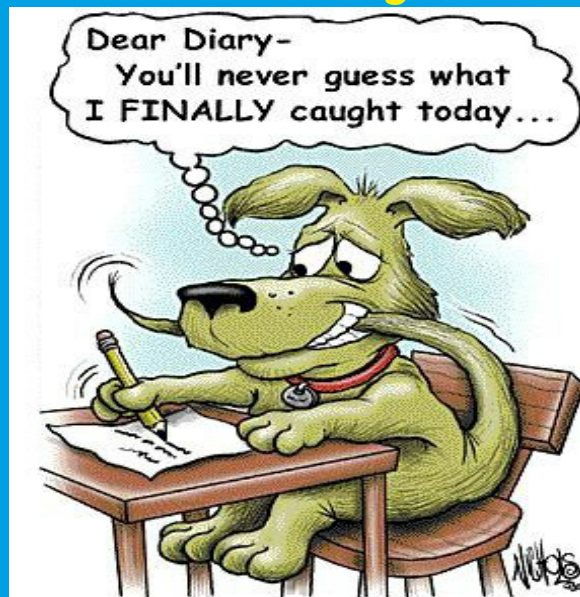
So to maintain good flexibility in the soft tissues and joints, move your arms, legs, neck and back into whatever pain-free ranges you can in ALL directions. Flexibility leads to strength, good blood flow, lymph drainage and generally good health. So move today and stay well.



BRAIN TEASER OF THE MONTH

A store has on sale a computer and word processor small enough to fit in your pocket. It can add, multiply, subtract, divide, and write in all languages. A delete device will correct any error. No electricity is required to operate it. The price? Only a few cents! How can the store make a profit by selling it so cheap?

Have a laugh



Tip of the month: Balance test

Many people are walking around with some form of weakness in their hip(s) that they are unaware of. This could cause a variety of problems from lower back pain to knee and ankle pain not to mention shoulder and neck pain. If you want to know if one of your hips is weak do the balance test. Stand on one leg at a time and see if you are stable on that leg. If you start to falter or feel off balance then there is a good chance your hip muscles are weak. However, the weakness is NOT usually from a lack of exercise and requires attention to correct it.

Healthy living column

Mushrooms

Nutritionists have long known that many types of mushrooms have plenty of health perks to recommend them. They're full of B vitamins, which are important for brain and nervous system connections and for healthy skin and hair. And mushrooms offer a healthy dose of selenium, an antioxidant linked to reduced risks of cancer and heart disease.

But recently, studies have begun to show that some of the exotic varieties—shiitake, maitake, reishi, oyster, and enoki—can do much more. These fungi have been shown to boost immune activity, lower blood fats, and halt the growth of cancer cells, changing the mushroom's status from that of mere steak décor to one of our diet's most powerful health-promoters.

The 'gold' is in the beta glucans, sugar molecules that boost immune activity in a variety of ways and with different effects.

So for a healthy and low calorie food try some of the exotic mushrooms and live a healthy life.