

# NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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## Pain

Generally we get 2 types of pain, that which comes from soft tissues or muscles and that which is often overlooked that comes from poor blood flow.

The body requires good levels of oxygen to operate fully. Restricting this in any way through things like disease, poor breathing or masks can limit the supply of oxygen to soft tissues and muscles.

This is known as hypoxia, and this hypoxic pain is like no other and often happens at rest. It can feel like an ache or can feel like a cramp times ten!

The most common cause of poor oxygen levels though, is the poor control of the blood flow via the Sympathetic nervous system. This is due to fatigue of the nervous system through overuse or trauma.

At rest the blood flow slows to resting rate but with poor control, this could drop lower than that starving your muscles of good oxygen, hence hypoxic pain.

This is treatable through Myo-flow, exclusive to Nerang Physiotherapy.

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)



## News

Spring has sprung and the weather is warming. Time to get out into the fresh air and enjoy nature. Don't forget, refer a friend or family member and you get 50% off your next standard visit. Stay safe and stay healthy.

## Over-training in kids

More and more in the 29 years I have been working as Physiotherapist I have seen young people suffering from injuries due to over-training.

I remember seeing a 13 year old recently, a swimmer, training with the seniors and doing 11 training sessions a week! That is ridiculous! When I assessed him he had virtually no resistance in all his muscles and I stated he was fatigued.

This is unfortunately not uncommon, as there seems to be a lot of pressure on children these days to perform at very high levels when their bodies are not fully grown yet. They look at the professional sports persons and see the amount of work they do and think they need to emulate this.

This is a major problem. Many children will never reach these

levels as they will burn out too early from over-training.

Science has shown that the body requires approx. 48 hours of recovery time after exercise. This allows recovery of soft tissue and muscle damage and also the immune system. A sports scientist from the Loughborough University in the UK once said, "You don't get fit through exercise, you get fit through recovering from exercise". The recovery is more important.

It is difficult for many to understand that in fitness less can be more. While working in England I treated runners training for the London marathon and asked them if they would train just twice a week instead of almost every day. When they did, they remained injury-free and often ran their best times.

So ideally you would not want children training more than 3 times a week in any sport/activity, so they can go the long road and enjoy their time in these sports/activities.

## EXERCISE OF THE MONTH:

### Trunk stabiliser 2

Another easy exercise to assist in stabilising the trunk is this one. Always remember when exercising to never go into any pain, this is your body's signal to say stop, it is not happy with that movement.

Lie on your stomach with a pillow under your hips to ease tension in the back, and a small cushion or towel under your forehead.

Separate the knees and place your heels together. Now gently push the heels together and hold for 7 seconds.

Now separate the heels for a few seconds and repeat the action again. Do 10 of these daily or every other day.

This action strengthens some of the intricate hip muscles which help to stabilise the trunk as trunk stability is dependent more on hip muscle strength than trunk muscle strength.

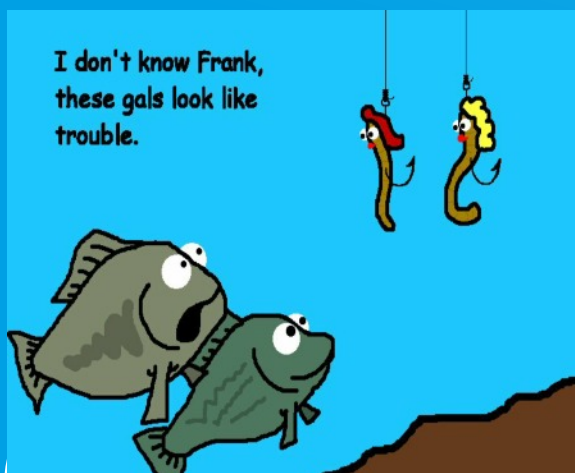
After the exercise is complete bring your knees together and separate the heels to stretch the muscles you have just used, this will help maintain good balanced flexibility.



## BRAIN TEASER OF THE MONTH

A murderer is condemned to death. He must choose between three rooms after his sentence is passed. The first is full of raging fire. The second is full of assassins with their guns loaded. The third is full of lions that haven't eaten in six months. Which room should he choose? Answer below.

### Have a laugh



### Tip of the month

When buying new shoes it is advised you buy them at the end of the day as your feet normally swell one shoe size during the day due to gravitational pull on your body fluids. Also most people do not require any so-called arch supports in shoes. The arches are naturally a spring mechanism and needs be able to lower during the stepping process. If an arch support gets in the way the foot will pull away from this support and will result in you walking on the outside of your foot. So if shoes have a built up arch support on the insert, cut it out or buy another flat insert. Give your feet space to work in.

## What is Myofascial release?

When things go wrong in the body, be it injury, overuse, trauma, the common reaction in the body is for the fascia to shorten. Fascia is the soft tissue that basically holds the body together. It wraps around everything and penetrates every cell of the body.

When fascia shortens it increases stress loads on other pain-sensitive structures, thus resulting in pain. In order to relieve this it is important to release the shortening effect of fascia and restore normal tension and space for structures to function in.

This is where the fantastic technique Myofascial release massage comes in. There a few methods of releasing fascia but I have found this to be the best. It is a manual release technique aimed at restoring normal integrity and tension in the fascia.

This technique works along the length of the muscles generally but can also work at any angle depending on how the fascia is structured. Results are amazing and pain relief is almost guaranteed.

Answer:  
The third one as lions that have not eaten in 6 months will be dead.