

NERANG PHYSIOTHERAPY

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The difference is obvious

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Applied

Kinesiology

Applied Kinesiology (AK) is a study of human movement and can be used to assess mechanical dysfunction that can lead to pain and/or injury.

At Nerang Physiotherapy we incorporate AK to assess the body and discover hidden weaknesses, joint and bony displacements, and more.

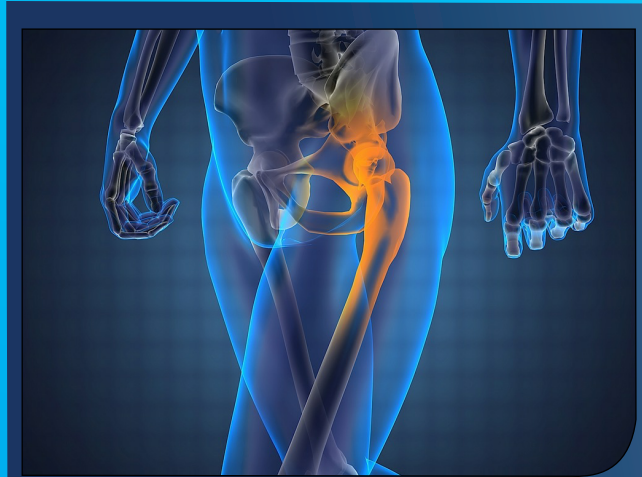
The test uses the body's built-in stress response found in every muscle, which activates a split second before we go into the 'fight/flight' response when stressed.

It is a reflex and thus repetitive and very accurate. The test is pain-free, can be used on anyone able to resist a muscle test and if not, a surrogate can be used where the test is done on one person while holding onto the test subject, hence making it easy to test babies as well.

Results are instant and sometimes downright amazing.

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The powerful hips

Have you ever suffered lower back pain, knee pain, ankle pain, shoulder pain? Well there is one common link between all of these and that lies in the strength of the hip muscles.

The hips are the powerhouse of the body, they are the foundation for good function and stability. Without good, natural hip strength, our body will be forced to compensate in many ways, and this will lead to pain.

When you lose hip strength due to various factors, the body will do what it can to maintain good pelvic stability and this means utilising other muscles in the area to do the job.

This eventually causes overuse in those muscles resulting in tightness, pain and possible injury.

GENERAL NEWS

Suffering from arthritic pain? Why not take advantage of our sale now on Tumeric capsules, effective relief from inflammation and pain related to arthritis.

Normally \$24.95 now selling for only **\$19.95** for 60 capsules.

So how do the hip muscles become weak? Normally it is nothing spectacular or sudden, but a slow process where either poor use of the body, over-training, too much sitting and occasionally trauma cause stress to the Sympathetic nervous system that controls the blood flow to the legs.

This slowing down of blood flow causes the weakness as the muscles do not receive the constant flow of nutrients and oxygen to keep them on the ready when required.

To prevent this from happening we need to move the body well, this does not mean exercise necessarily as even exercise is limiting in the range of motion we require. Moving our body in as many directions as possible into the fullest range we can will help boost blood flow and relieve some of the strain on the nervous system. So move well to stay well.

EXERCISE OF THE MONTH:

Spine stretch side lying

As our backs are one of the most important areas in the body the next few months we will look at how to mobilise the spine and keep our body working well.

This month's exercise involves a rotational stretch on the spine from the top to the bottom.

Find a comfortable floor space with your head on a pillow and lying on one side. Bend your knees slightly no more than 90 degrees, and stretch your arms out in front of you palms facing each other.

Now slowly roll your upper shoulder towards the ceiling and then drop it slowly behind you keeping it stretched out. If this hurts your shoulder then bend the elbow slightly.

Hold this position for up to 3 minutes feeling the soft tissues and muscles in the back easing in tension. Breathe deeply while you do this.

Repeat the same lying on the other side. Do this once a day at least.

Have a laugh



BRAIN TEASERS OF THE MONTH

1. A police officer saw a truck driver clearly going down a one-way street the wrong way, but he did not attempt to stop him. Why?

2. Two men were on the run from the cops who tracked them to the edge of a cliff. The police found 2 sets of tracks leading to the cliff's edge, but none returning. The shoe sizes were different and it was certain the foot prints had only been stepped in once. So the police deduced the men had leapt off the cliff into the sea. They were wrong. What really happened?

Don't trust your symptoms!

There is a saying that goes; "Where it is, it ain't". This refers to a lot of our pain patterns. It basically means that where you experience pain is not necessarily where your original problem is.

For instance over 85% of lower back pain originates in the hip muscles which are weak. The back is just the victim of overuse compensating for hip weakness.

Similarly but for different reasons, pain down an arm or leg could be referred from higher up that limb, or from the spine, so treating the painful area can be fruitless.

When it comes to pain easing with treatment, just because the pain goes does not mean you are fixed. This is just a phase the body is at where it feels comfortable enough with the mechanics not to have to send out a distress signal of pain.

It is at this time where you have to be careful, because one wrong move or a bit of physical stress can send it all back to square one.

A rule to work by is - wait 2 weeks after the last symptom has eased before going back to your previous work/gym load.

Tip of the month:

To help prevent cramping at night have a glass of water before you go to bed. If you get up to go to the loo in the middle of the night top up with some more water. To get the day off to a good start drink a litre of water in the 1st hour after waking.

2. One man carried the other to the cliff edge. The other man then carried the first backwards, away from the cliff edge. This left just two tracks, both heading toward the cliff and stepped in only once.

1. The driver was walking.

Answer: