

# NERANG PHYSIOTHERAPY

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The difference is obvious

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## Scoliosis

Scoliosis is a curvature in the spine either from birth or developing as we get older. This curvature is often associated with a twist in the spine as well.

Scoliosis that occurs from birth is more commonly difficult to correct through Physiotherapy, but those that develop later on are often due to changes in the soft tissues and muscles that support the spine.

Restoring a straight spine is a slow process and involves working on the soft tissues that surround the spine as well as ensuring the hip muscles are working well.

The common muscles associated with lower back scoliosis are the Psoas muscles which are directly attached to the spine and cross the front of the pelvis and attach to the upper part of the large leg bone (femur).

Due to their attachment to the spine they have direct influence on it and can both cause the curve and the twist. Working on these muscles is vital for restoring scoliosis.

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## GENERAL NEWS

Already a month into the new year, how time flies. We hope you all had a great holiday and are rested and working hard. Don't forget we are open from 7 am Monday to Friday for all you early birds wanting a treatment before setting off to work. Have a great month.

## IS SWIMMING A GOOD EXERCISE?

For a long time now we have been told swimming is a good exercise as it removes the stress from the joints that can be present in weight-bearing exercises.

This is true, however there are some negatives associated with swimming that can be harmful to our bodies.

One aspect of exercise often ignored is the fact that the body does not enjoy symmetrical exercise, i.e. both arms or legs doing the same thing at the same time. For example breast-stroke, butterfly or sit-ups and push-ups, etc.

These exercises utilise both sides of the brain the same and thus the 2 halves of the brain no longer communicate to control movements. This stresses the body and results in a form of dyslexia.

Kinesiologists have noted this for a long time now and always advocate

asymmetrical exercises that mimic the body's natural gait, such as step machines, ski machines, etc.

As we cannot breathe underwater, it is necessary to come up for air when swimming, but the tendency is to mouth breathe and this is stressful to the body. Mouth breathing is usually a stress response to increase oxygen levels in the body but should not be used on a regular basis.

Swimming overworks this stressful breathing pattern and can lead to poor breathing habits, lower CO2 levels and tight airways. Exercises that allow for nose breathing are more efficient for the cardiovascular system.

Despite the negatives, swimming can be fun and there is a safe swimming stroke that can be used to prevent dyslexia and mouth breathing and this is the life-saving or side stroke. Both arms and legs are doing different things, reducing brain dyslexia and you can nose breathe (as long as you don't splash too much!).

## EXERCISE OF THE MONTH:

### Sinus clear

DO you ever get blocked sinuses, or feel you cannot get enough air through one or the other nostril?

It is common that we have one nostril always working better than the other and this will alter from nostril to nostril. However, when we breathe too much we lose CO<sub>2</sub> which is a natural dilator of our airways.

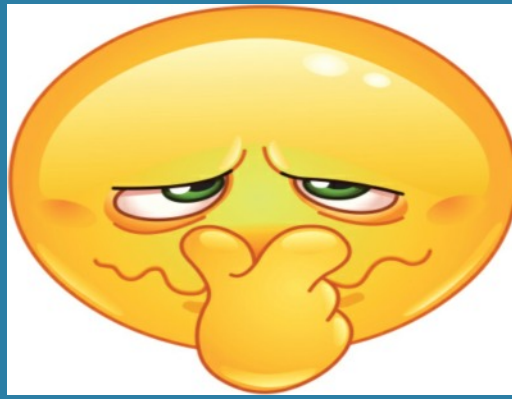
To assist in clearing the airways and increasing CO<sub>2</sub> levels try the following exercise.

Take 2 deep breaths through the nose and after the 2<sup>nd</sup> out-breath do not breathe in. Instead hold your nose tight and gently nod your head up and down until you feel the urge to breathe in again.

Breathe in gently through the nose again and see how it feels. If not clear yet, repeat the exercise until your nose feels clearer.

This exercise can be done at any time and any place.

## Have a laugh



## BRAIN TEASER OF THE MONTH

1. You are walking home through a field and find something to eat. It doesn't have bones nor meat. You pick it up and put it in your pocket. You take it home and put it on a shelf, but 3 days later it walks away. What is it?
2. Six glasses are in a row. The first 3 are full of juice, the next 3 are empty. By moving only one glass, can you arrange them so empty and full glasses alternate?
3. How can you physically stand behind your friend when he is physically standing behind you?

## Golf body

Over the next few months I will be bringing you a series of faulty golf swings and technical faults and how they are caused by changes in the body's physical structures.

Golf is primarily a hip game and if there are any problems with the hips, such as weakness or stiffness this will greatly affect your golf swing.

Having been a single figure handicap for over 20 years and a Physio for over 24 years I have matched poor swing technique to poor hip function and put together a list of the typical swing and shot faults and which hip fault is linked to them.

As a taster of what is to come let's talk about the commonest fault in golf, the slice or push shot. This happens when the club face is open at the time of contact, but it is not all about the hands and arms, they are positioned there by the hips.

So if you want to know what hip fault leads to the slice, push, pull or fat shot, stay tuned to this space...

## Tip of the month:

There is a Chinese proverb that goes:

**"Face your back to the breeze, and face your front to the coffin."**

This indicates the importance of covering up your back and not exposing it to sudden changes in temperature that are not controlled. A back full of perspiration suddenly cooled by a wind or aircon can force blood from your skin into your gut, chest or throat, resulting in sore throats, chest congestion or gastro-enteritis. Keep covered with one more layer than you think, especially your children.

Hints:

1. An egg
2. Pour the juice from the 2<sup>nd</sup> glass into the fifth glass
3. Stand back to back