

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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Tea infusions for health

I am not a nutritionist but I came across this info and felt it was quite nice.

There is nothing better than a warming cup of tea to keep ourselves in check this winter. Infusions of all sorts are a great way to add some health benefits to your daily routine in the cooler months.

Some brands have a variety of organic or Ayurvedic blends such as their turmeric, liquorice and ginger tea blends, a great immune boosting blend due to the anti-viral benefits of liquorice and the anti-inflammatory effects of turmeric and ginger to help keep colds at bay.

Store in the thermos to keep it warm for the whole day and also help to keep your body fluids up. Many non-organic teas can be laden with pesticides and herbicides.

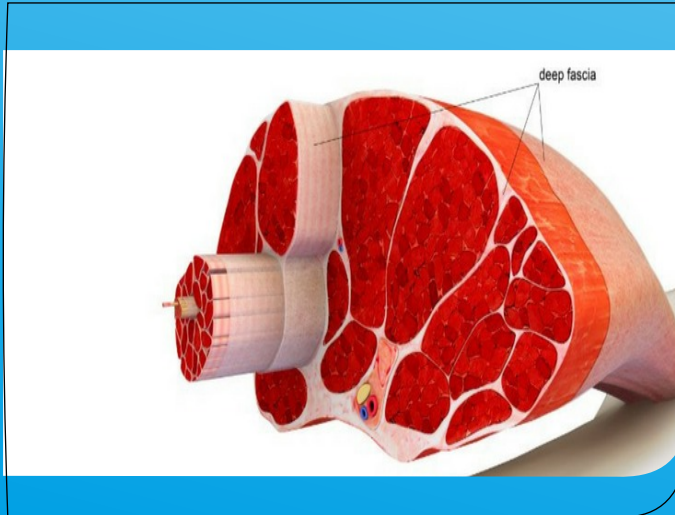
So look for organic teas if you can which are made with finest ingredients to ensure you are getting the purest ingredients possible.

...and enjoy your cuppa!

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

Tel: 07 5596 4711 | Web: www.nerangphysio.com

Email: nerangphysiotherapy@onthenet.com.au



News

Please remember in case of a lock-down we are still open and can serve you as normal with the usual hygiene structures. It is advised you keep your SMS reminder we send you on your phone in case you are asked where you are going.

Muscle or soft tissue injury?

When it comes to sporting or any physical injury there can be two structures affected, muscle and fascia (soft tissue).

It does make a very big difference as well which one is damaged because it will affect the outcome of the repair regarding timing.

Muscle and fascia have very opposite mechanical and physiological traits. Muscles are flexible/elastic while fascia is mostly made from inelastic fibres. Muscles have a very good blood flow while fascia doesn't.

So when we are dealing with a strain type injury, due to the inelastic nature of fascia, it is most likely going to be the tissue that gets injured, as muscle fibres will be able to give in more to the strain.

In sudden fast contraction movements like starting a sprint

Or grabbing something that is falling where muscles contract very quickly, the muscles will most likely be damaged in this case.

There will obviously be cases where both muscles and fascia are damaged and this can require a bit more time for repair.

With regards the blood flow, naturally the better the blood flow the better the repair, so muscle fibres will tend to repair quicker than fascial fibres, meaning fascial injuries will need longer recovery time.

Also in connection to blood flow, if the injury causes quite severe bruising, it is then most likely going to be a muscle tear rather than fascia. Many so-called 'muscle tears' have no bruising, making it more than likely a fascia sheath tear and not a muscle tear.

All these facts play a part in how long the injury will take to recover and how quick one can get back to the sport or activity.

EXERCISE OF THE MONTH:

Trunk stabiliser

Part of having a good functioning back is to have stability in all the muscles of the trunk, not only back muscles.

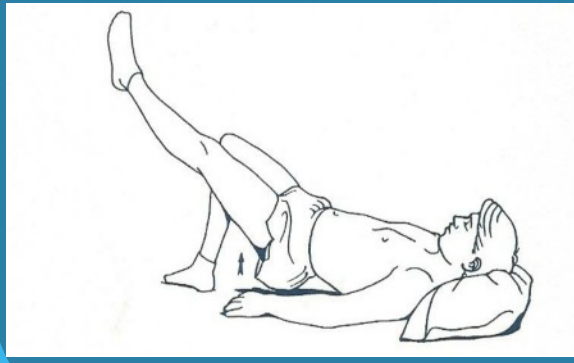
Hip and trunk muscles work to maintain good posture in the lower back and can help prevent lower back pain.

For this exercise lie on a bed or on the floor with your arms by your sides. Do not push down with your arms when doing this exercise, we want to use the trunk and thigh muscles only.

Bend one knee with the foot flat on the floor and raise the other leg straight to about 45 degrees. Now push down with the first leg and raise your backside off the bed/floor. Hold this position for 7 seconds, always remembering to breathe.

Repeat this 10 times and then swap to the other leg. If you are unable to push up on one leg only then have both knees bent and feet on the floor and push up with both legs.

Do this at least once a day. To support this make sure you move your back and hips regularly, keeping good range of motion is key to preventing pain.

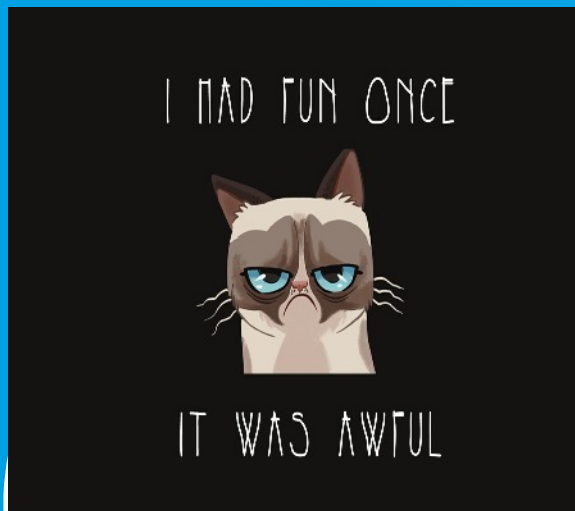


BRAIN TEASER OF THE MONTH

A jeweller is asked to join four small 3-link chains into a large circular 12-link chain. In order to join two closed links, one of the links needs to be cut, placed onto the other link, and then closed. How few rings does he have to cut?

Answer below.

Have a laugh



What is TENS?

TENS is an acronym for Transcutaneous Electrical Nerve Stimulation. It is a means of communicating with the body via the skin.

In my practice I use TENS mostly for one reason but it can be used for other things as well. My reason for using TENS before I do any soft tissue work is to release some tension in the soft tissues and muscles by using a low frequency stimulation of 2Hz.

The body responds to frequencies of electrical stimulation and the 2Hz frequency is sedative to the central nervous system, which in turn relaxes muscles and soft tissues so they are easier to release through the soft tissue work.

This relaxing effect allows the body to respond better to the treatment not to mention putting many of my patients to sleep

TENS can also be used for over-riding pain but this will involve a high frequency, usually between 80 and 120 Hz, but 100 Hz is most effective. This is similar to when you bang yourself and rub the skin over the painful area, it blocks the pain getting to the brain by sending quicker signals which overpower the pain signals.

TENS units are practical and easy to use. If you think you would benefit from a TENS unit ours are still on special at just \$79.95.

Tip of the month

I often get asked about the use of heat with painful conditions. The common school of thought is to apply heat for long periods of time or as long as it eases the pain. However, I usually suggest a different approach understanding the effects of heat on the blood flow. Heat dilates blood vessels and thus slows blood flow rates. To prevent congestion of blood flow try using heat in short doses of 30 seconds only, then leave it till the skin temperature returns to normal, then repeat the heat. You can do this over a longer period of time.

The jeweller need only cut 3 links, all from the same 3-link chain. He can then take the 3 links he cut and use them to join the 3 remaining small chains together.

Answer: