

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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Workshops

In the near future Nerang Physiotherapy will be offering a couple of workshops for you to learn a few helpful things that can help you get and stay healthy.

These workshops will include a basic introduction to Kinesiology where you will be taught the techniques used in Kinesiology that you can use at home to do assessments on your family and friends

You will learn how to assess pelvic imbalance which can then be corrected with Physiotherapy. You will also learn how to test for food allergies, test your response to mobile phones and watches, spinal dysfunction and more.

Our other workshop will be about stretching, how it should be done, when to do it and the benefits of stretching. Learn about fascia and muscles and why flexibility is the key to good body health.

So stay tuned to your emails, we will be advertising these soon.

Further workshops will be added depending on demand.

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News

Spring has finally sprung and the weather will soon be warming up. Hopefully this will mean less colds and flu and the like. Make good use of the sun to get your Vitamin D3 which is useful in fighting these conditions and for general health.

Is it a bug?

How many times have you heard about 'that tummy bug that is going around', or 'I got it from my son, who got it from his friend'?

Well most of the time it is NOT a bug (as in bacterial infection or virus). It could just be a fact of exposure to sudden or lengthy changes in temperature.

When a group of people are caught in the rain or are chilled by some other exposure to cold, some may develop a cold in the head, another a 'sinus attack', another diarrhoea, some may get a sore throat. Others may get stiff muscles, another may have cramps in the gastrointestinal system.

Chronic troubles may be aggravated. These symptoms are not all the result of an invasion of the body by different micro-organisms or viruses.

Exposure to cold causes surface blood vessels to constrict, forcing blood deeper in the body where it congests. This could be the throat, gut, sinuses or brain. Microbes may invade any congested area in the body, or they may have been dormant in some tissues. Blaming every ill to some 'bug' saves thinking, but it encourages everyone to continue reckless ways of living, which professional athletes avoid, and enables people to blame someone else for the results of their carelessness or ignorance, and the one from whom they 'caught the bug' becomes unjustly unpopular.

EXERCISE OF THE MONTH:

Swimming

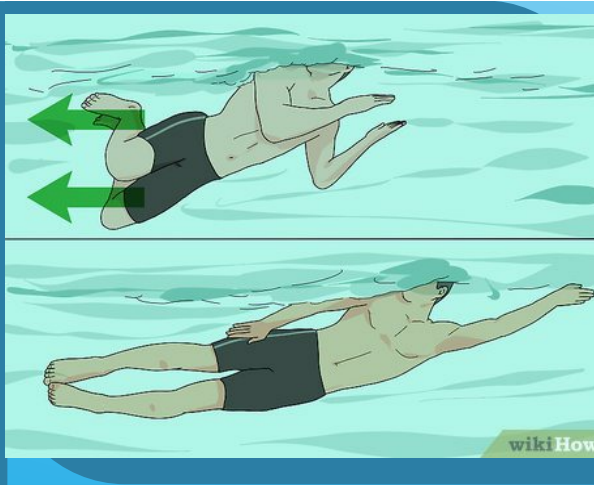
Many people think swimming is a safe form of exercise, however this is not always the case. Many muscular conditions can be made worse with swimming, particularly lower back and neck issues.

Strokes like breaststroke can aggravate the lower back and neck because your body is forced into extension by having to lift the head up to breathe. This can increase tension in the back muscles and cause pain.

The other negative to breaststroke is the use of both arms and legs at the same time, i.e. symmetrical actions. This causes brain dyslexia, where the 2 sides of the brain do not communicate due to both sides doing the same thing, hence no need to co-ordinate.

One of the safest strokes, however, is the side stroke or life-saving stroke. This allows for multiple actions of the arms and legs (asymmetrical), and the head is always above the water, so no over-movements of the neck. The back is also in a neutral position, so less chance of lower back pain.

Next time you want to swim safely, try the side stroke, you'll be glad you did.

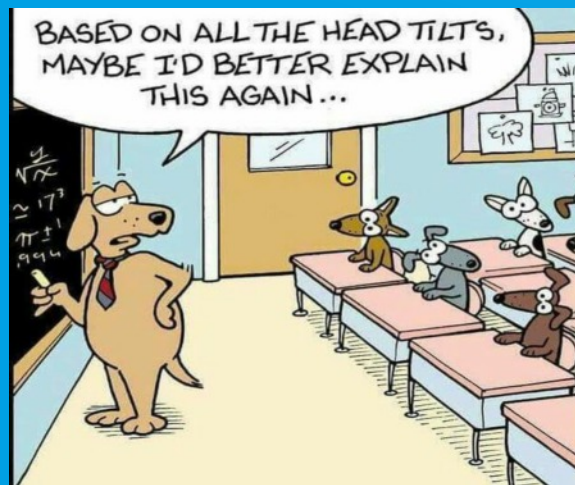


BRAIN TEASERS OF THE MONTH

I have a little house in which I live all alone. It has no doors or windows, and if I want to go out I must break through the wall. What am I?

(Answer below)

Have a laugh



Tips of the month

Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal.

Wellness tips

Sleep is just as important as eating healthy and exercising. From improving your productivity and concentration to helping support your overall health, getting the recommended hours of sleep per night can have a major impact on your well-being.

Whether you get outside for some exercise or to read a book in the sunshine, you should take at least 30 minutes a day to get some vitamin D.

Try the stairs instead of the elevator, take short walks around your office or ride a bike instead of driving. Vigorous exercise is essential but moving throughout the day will keep you energized, as well as benefit your mind and body.

Eyes become easily strained when you're constantly focused on your computer screen. Reduce the risk of tired eyes by looking away from your computer for at least 20 seconds in 20-minute intervals.

Real food is whole, single-ingredient foods that are unprocessed and free of additives. Incorporating these foods into your day can help improve your health, manage your weight and give you energy.