

PETER MITCHELL

Nerang Physiotherapy

The difference is obvious

November

2014

Unit 8/5-7 Lavelle Street, Address Line 2, Address Line 3, Nerang

Tel: (07) 5596 4711 | Fax: (07) 5596 7986

Web: www.nerangphysio.com Email: nerangphysiotherapy@onthenet.com.au

Over-training?

It is becoming more frequent now that we hear of young people struggling with injuries, unable to perform at their best and even worse, dying after a sporting event.

This is typical of an ever-increasing problem of over-training. Too much exercise vs not enough recovery.

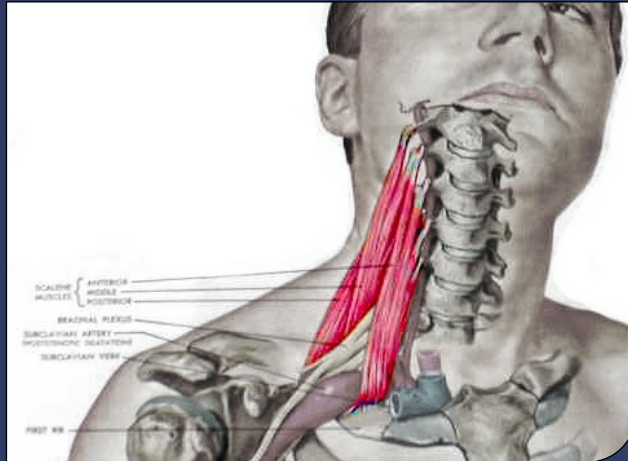
Are you getting a good balance between exercise and rest or are you exercising more than 3 times per week?

It has been shown that 48 hours rest is necessary to recover fully from exercise.

If you suffer from some of the following symptoms you are most likely over-training.

- Frequent colds and injuries
- Persistent soreness in joints, muscles and tissues
- Heavy-leggedness
- Loss of interest in training
- Inability to relax
- A decrease in academic work or performance
- Sleep problems
- Headaches
- Loss of appetite

Be aware and take care.



SCALENE ENTRAPMENT SYNDROME:

A COMMON PROBLEM

The scalene muscles are a set of deep muscles on the side of the neck running from the top of the spine to the 1st and 2nd rib.

These muscles have 2 main roles, to move the neck sideways and also to lift the ribs up to increase lung space to assist in breathing.

When these muscles become tight the symptoms can vary from pain to pins & needles all the way to the fingers, most commonly the little and ring fingers.

The reason for this pain pattern is due to the fact that in between the 2 muscles attaching to the 1st rib lies the nerve and artery that supply the entire shoulder girdle and arm. (See diagram)

When the muscle sheath (fascia) tightens, the 1st rib is pulled

upwards and this flattens the nerve and artery onto the rib.

This has the effect of restricting nerve and blood flow to the arm resulting in the some or all of the following symptoms:

Pain in the neck, chest, shoulder blade, arm and hand with pins and needles in the hand or the entire arm.

Muscle weakness usually includes the shoulder, elbow and wrist.

The pain is often worse when the arm is by the side and symptoms are often relieved with the arm above the head as this relieve the pressure on the nerve and artery.

Causes include excessive computer use, phone use, carrying heavy bags, whiplash injuries, sudden strain on the arm when pulling, etc.

Treatment is aimed at the control of the blood flow to the area, and releasing the soft tissues of the neck. 6 treatments is average for recovery (sometimes more).

CHRISTMAS OPENING TIMES

Please note that we will be open from 7.30 to 12 on the 24th, 29th, 30th and 31st December 2014 and on the 2nd Januar 2015. Bookings are essential. Times are subject to change

EXERCISE OF THE MONTH:

ASYMMETRICAL VS SYMMETRICAL

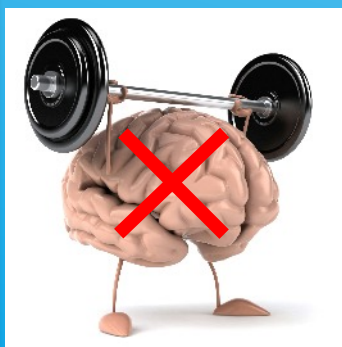
One of the little known things about exercise is that certain movements produced in exercises can cause stress to the body and dyslexia in the brain.

The most common of these is symmetrical actions, i.e. using both arms or legs in the same manner at the same time. Examples of these would be push-ups, chin-ups, squats, bench press, etc.

The reason for the stress is that both sides of the brain are doing identical things with the body parts and there is a lack of communication between the 2 sides. This lack of info results in reduce muscle reflex control and can lead to overuse and injury.

So where possible imitate the natural asymmetrical movements of the body and exercise accordingly.

Have a laugh



BRAIN TEASER OF THE MONTH

Your last good ping-pong ball fell down into a narrow metal pipe imbedded in concrete one foot deep.

How can you get it out undamaged, if all the tools you have are your tennis paddle, your shoe-laces, and your plastic water bottle, which does not fit into the pipe?

What shoes to wear?

A common question in my practice is what are the best shoes to wear to prevent foot problems.

Our feet are designed to walk on uneven surfaces with the ability to mould to the different shapes of the earth. Walking on flat artificial surfaces results in a loss of agility in the foot.

Shoes do a similar thing as our feet do not get put into much of their available range. This results in stiffness, weakness and pain.

To ensure you give your feet the best opportunity to function pain-free walk bare foot as much as possible on un-even surfaces like your back garden or the beach.

As for shoes, buy shoes that are wide, at least ½ a shoe size bigger than recommended, flat on the inside (no raised inserts) and they **MUST** have a strap at the back if they are an open shoe.

If you are not sure if your shoes are good for you come for our shoe analysis and let your body tell you what it wants.

Stretch like an animal.

Have you ever watched a dog or a cat wake up? What is the first thing they do? Notice the very first movement is to stretch the spine and the back muscles, by arching the back. Cats have the envious ability to stretch both ways, forwards and backwards. The funny thing is children do the same thing but we tend to lose this natural movement as we get older and alarm clocks rule our lives. Try going back to this natural stretch in the morning and get the blood flowing into your spine to feed your nervous system.

Tip of the month:

Your feet swell at least one shoe size during the day so if you are buying new shoes, do so at the end of the day to prevent buying shoes that will feel tight in the afternoon.

All the tools are random things that are not going to help you. All you have to do is pour some water into the pipe so that the ball swims up on the surface. And if you say that you don't have any water, then think about what you drank today and if you can use that some-how