

NERANG PHYSIOTHERAPY

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The difference is obvious



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Rotator cuff strains

One of the most common shoulder injuries in our modern world is the rotator cuff strain.

The tricky thing about this strain is that it does not have to come from any direct injury or stress to the shoulder, but can develop over time.

The end result of either a direct stress or slow overuse is usually tears of some of the muscles of the rotator cuff, (commonly Infraspinatus), swelling of what is called a bursa, (a sack of fluid protecting tendons from being damaged against bone) and pain and swelling.

Treatment for this should entail three main areas, blood flow control, soft tissue release and once the range of motion is improved and pain levels are down, muscle strengthening exercises can be given.

This is our unique approach and shows a very high success level with most rotator cuff injuries.

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Cramps What causes them?

A common question I get asked is 'What causes cramps?'. You can get many answers to this from lack of Magnesium, tight muscles, dehydration and many more.

The interesting thing I have noticed over the years is that cramps commonly occur at 2 different times. Most cramp episodes occur at night or first thing in the morning and the other time is after excessive physical activity/sports.

This led me to look into cramping and why it occurs at these times, and I realised at both of these occasions the blood flow to the legs or wherever the cramps are occurring is at its slowest.

Having worked with the Sympathetic nervous system for many years it

seemed to make sense that cramps were caused by poor blood flow to the muscles and soft tissues.

At night the blood flow rate naturally slows as we rest, but if the nervous system is under-functioning, then the rate may be slower than normal at rest. This will lead to reduced oxygen, hydration and nutrients (including Magnesium), resulting in cramps.

After exercise, where the nervous system has been greatly challenged, it will be tired and thus not have the best control of blood flow rate. Combine this with dehydration from insufficient fluid intake and cramps will occur.

So in conclusion, I believe cramps are a result of poor blood flow, dehydration and lack of nutrients. Correcting these will stop cramps from occurring.

Treatment for the blood flow control is unique to Nerang Physiotherapy but essential for recovery.

GENERAL NEWS

Less than a month to Christmas so we are wishing you all a very merry festive season and safe journeys if you are travelling anywhere during the holidays. We look forward to being able to help you gain optimum health in 2017.

EXERCISE OF THE MONTH:

Lunge stretch

Once again, because we spend a lot of time in chairs from such an early age we develop tightness in the muscles that cross the front of the hips.

The most common one of these is the Psoas muscle which is attached to the lower spine on both sides and then goes forward and down over the front of the lower pelvis to attach to the inside front of the leg in the groin area.

When tight this muscle will cause back pain as well as some front thigh pain. To stretch this muscle, get down on one knee with the other leg resting on the foot (see pic). Keep the back straight.

Move the front leg forward so the foot is just ahead of the knee. Then slowly lunge forward until you feel the slightest of stretch sensation in the front of the back leg. Don't go any further than this first sign of stretch as you will risk over-stretching and thus further tightening.

Hold this position until you feel the sense of stretch has eased, it could take up to 3 minutes. Then slowly release and repeat on the other side, switching legs. Do this at least once a day.



BRAIN TEASERS OF THE MONTH

There was once a recluse who never left his home. The only time anyone ever visited him was when his food and supplies were delivered, but they never came inside. Then, one storm winter night when an icy gale was blowing, he had a nervous breakdown. He went upstairs, turned off all the lights and went to bed. Next morning, he had caused the deaths of several hundred people. How? (Answer below)

Have a laugh



Tip of the month:

The science is clear and powerful: Cutting back on fructose will help maintain a healthy weight and control various conditions of metabolic syndrome, such as high blood pressure and elevated blood sugars - in turn lowering your risk of heart disease, diabetes and other health concerns. So watch out for over-indulging in fruit juices, and soft drinks full of High Fructose Corn Syrup (HFCS)!!!

He was the lighthouse keeper.

Answer:

Christmas Special

Get a TENS unit and a tub of Tumeric capsules for only \$90.00

Save \$19.00!

Recovering from nerve damage

Most nerves leading to the arms and legs are designed in such a way as to protect the muscles at the expense of sensation. A nerve is comprised of an outer layer of nerves controlling sensation and an inner layer controlling muscles.

During early compression sensory nerves are affected resulting in tingling, numbness or pain. Further compression then irritates the muscular nerves leading to weakness.

Recovery, therefore, is in reverse. As pressure is eased off a nerve, muscle strength returns first, then sensation changes recover, often from the periphery towards the centre. These are typical pathways of injury and recovery the body will take.