

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Not all 'nerve' pain is nerve pain.

If I had a penny for everytime some told me they had a pinched nerve and they didn't, I would be retired by now...

Nerve pain is so commonly mis-diagnosed mostly because the pattern of pain looks like it is following a nerve pathway, however there is another more common cause of this type of pain, the fascia.

Over 75% of our sensory nerve supply is found in fascia, the soft tissue that wraps around everything in our body including the nerves themselves.

Fascia is well known for causing most of our pain even the sharp shooting pains that are often called nerve pain. When stress is put on these soft tissues they emit pain signals similar to nerve pain but can also give us many other forms of pain.

To diagnose nerve pain it is important to make sure we clear all other options out the way first and any remaining pain will most likely be nerve, however many pains clear up after the soft tissues are treated even those thought to be nerve pain.

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## ANTERIOR RIB PAIN

Rib pain can be one of the most debilitating pains to experience. Whether it is caused by trauma or non-trauma it can get in the way of normal daily life.

Pain in the front of the ribs is not a very common condition but can be rather nasty as it often does not have an obvious cause. These types of pains can develop out of the blue and can be quite severe.

In many instances the pain in the ribs does not stem directly from the source of the pain but is referred from the back along the length of the ribs.

When a history is taken of the patient's past there is usually an indication of some form of back issue prior to the rib pain developing.

In the back there are joints between the ribs and the spine and these can become irritated by tightness in the soft tissues

surrounding the spine/rib junction.

This stress on the joints can manifest as local pain or it can refer to the front of the ribs. Often in the early stages of the front rib pain there is no tenderness of the ribs in the front.

As the condition worsens there could develop what is termed referred tenderness, where pain to the touch becomes evident and this can mislead one into believing the problem is in the front of the rib cage and not the back.

However, treatment that is aimed at the cause of the rib irritation, i.e. the back will alleviate the tension in the back and remove the unnecessary stress on the rib/spine joint.

Together with ensuring the hips are strong and the blood flow is sufficient, this treatment will in most cases restore normal function and ease the pain. On occasions the tissues in the front of the ribs require some work.

## News update

Don't forget to use your health funds before they run out at the end of the year or you will lose the benefits. Have you had a check-up recently? Why not come in and see if you are carrying any hidden problems that might result in pain later. Book now.

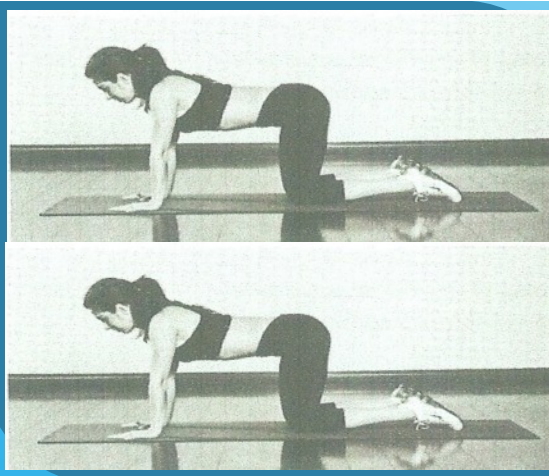
## EXERCISE OF THE MONTH:

### Cat vomit

I have decided to repeat this exercise as I constantly get asked for a safe abdominal exercise:

1. Get on all fours and look straight down to the ground. Don't arch your back or neck.
2. Exhale forcefully through the mouth till all the air is expelled. Your abs should be contracted well due to this. This will contract the transverse abdominis, and you will use gravity to provide resistance.
3. Hold your breath and pull your belly button upward toward your spine as hard as you can and hold it there for a target of 8 to 12 seconds.
4. Inhale fully through the nose after the hold.
5. Take one breath cycle of rest (Exhale slowly out the mouth, inhale slowly through the nose), then repeat the above for a total of 10 repetitions.

There you have it, heave, groan and be merry.



## BRAIN TEASER OF THE MONTH

### Coal, carrot and scarf

Five pieces of coal, a carrot and a scarf are lying on the lawn. Nobody put them on the lawn but there is a perfectly logical reason why they should be there. What is it?

## Have a laugh



## Tip of the month: Swimming

If you like to swim as an exercise then maybe you would like to know which are the safest forms of swimming. Breaststroke and Butterfly are both symmetrical in form so can cause brain dyslexia so should be avoided where possible. Freestyle is OK but you would benefit from the use of a snorkel so you don't have to twist your neck to breathe. The BEST of the lot is actually the side stroke/lifesaving stroke. Legs and arms are independently doing different things and your head is always above water, just swap sides when you do laps.

## Healthy living column

### Sitting posture

Beets and raw beet juice are typically recommended in limited amounts due to high sugar content.

However, when fermented, beets may be among the healthiest vegetables out there, as most of the sugar is then gobbled up by beneficial bacteria during the fermentation process while leaving other health-boosting ingredients intact.

Fermented foods are also chock-full of probiotics or good bacteria. A large number of studies have demonstrated how the ideal balance and diversity of bacteria in your gut forms the foundation for physical, mental and emotional well-being, and fermented beet juice has many additional benefits beyond probiotics.

Competitive athletes also use beet juice for its nitric oxide-boosting benefits. Research shows raw beets may boost stamina during exercise by as much as 16 percent,<sup>4</sup> an effect attributed to increased nitric oxide.