

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Neck pain

One of the most common types of pain in this day and age is neck pain. With the advent of the computer and now smart phones, our necks have taken a pounding.

The initial problem with neck pain, however, is the nervous system that controls the blood to the neck. When we are at a computer or on the phone our neck and upper back muscles are working more than normal.

This demands higher rates of blood flow which the nervous system should deliver. If this demand exceeds what the nervous system can cope with, it becomes fatigued. This then slows the rate of blood flow down causing stiffness in the soft tissues of the neck and arms.

This can then develop into weakness of the neck muscles as well as shoulder muscles and thus more strain on the muscles to do their job.

The muscles will be forced to compensate and where we compensate is where we eventually suffer pain. So in order to treat the neck we have to treat the nervous system as well.

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News

Due to upcoming regulations regarding COVID, we would like to say we will not be discriminating between those who took the jab and those that did not, this would be a human rights violation. We believe in freedom of choice and a respect for all.

Tendonitis

Many people suffer from some form of tendonitis at some stage of their lives, be it mild or very strong. But what actually causes the tendons to flare up? If we look at the make-up of a muscle and its tendons the tendons are actually extensions of the fascial sheaths that cover each individual muscle fibre.

For a tendon to become inflamed it must be put under abnormal stress loads compared to what it would normally be under. As the tendon is mostly inelastic it is designed to be very tough and most fascia can withstand strains of up to 2000 Lbs/Sq inch. So they are designed to take a lot of load, hence when they do get inflamed

there is definitely an excess of strain on them.

This excessive strain often happens when the sheath of the muscle fibres begin to tighten due to either overuse (repetitive strain), trauma or surgery. Constant use then will mean the tendons do not have the normal flexibility which will stress them and cause them to become inflamed.

At Nerang Physiotherapy we aim at releasing the tension in the fascia which then eases the strain on the tendons and therefore reduces the need for the inflammation. Once this is achieved symptoms will naturally ease.

EXERCISE OF THE MONTH:

Trunk stabiliser 4

This exercise is two-fold, in one way it stabilises the pelvis and trunk and in another way it stretches the hip flexors across the front of the hips.

Go down onto one knee with hands on hips. Make sure your foot and other knee are about shoulder width apart. Now tighten your stomach muscles gently but not fully.

Lunge forward over the knee in front of you and hold this position for 7 seconds. Now come back to the neutral position and rest for a few seconds before doing the same lunge again. Repeat this 5 times on each side.

If you are unable to go onto one knee for any reason, you can put one knee on a couch or a bed and the other foot on the floor.

In this position you can place the leg that has the foot on the floor slightly ahead of the knee and then lunge forward and hold.

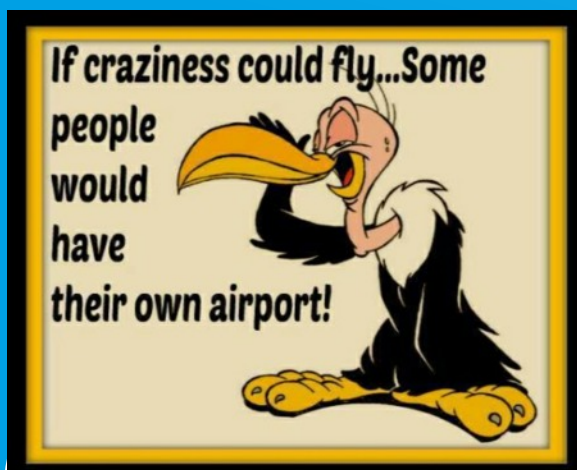
Do 3 sets of 5 per side at least 2 to 3 times a week.



BRAIN TEASERS OF THE MONTH

1. A man pushes his car to a hotel and tells the owner he's bankrupt. Why?
 2. Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?
- (Answers below)

Have a laugh



Tip of the month

If your jaw is hurting or moving sideways or clicking when you open your mouth, try this little trick. Take the tip of your tongue and place it on the roof of your mouth just behind the upper teeth. Now slide the tongue back to the soft pallet. Keeping the tip of the tongue there open your jaw slowly about 2/3 of the way to full and repeat the open close positions about a dozen times. Do you still feel pain, or a click or see deviation? The tongue position helps centralise the jaw movement and makes the jaw drop back and down correctly.

Myo-Golf

Are you pulling your hair out trying to get your golf swing correct. Or is your golf professional pulling his hair out?

Did you know many golf swing faults are nothing to do with the mechanics of the swing but your body's inability to perform the swing?

The golf swing is all about the hips, as this is where the movement and the power originates. Any fault in the hips, be it weakness or stiffness can result in poor swing mechanics.

If you want to put yards on your drive or improve your consistency, the first place to look is Myo-golf. This unique way of looking at the body and how it can perform the golf swing is the first of its kind in Australia.

Assessment includes flexibility tests, strength tests and tests of the nervous system that controls blood flow to your muscles giving them both strength and flexibility.

Many professional golfers suffer similar problems but most emphasis gets put on the technique and not the body. Spending every day in the gym is not the answer to strengthening muscles that are not being allowed to work.

Correct analysis of the causes of weakness and stiffness are available at Nerang Physiotherapy now.

Answers:
1. He was playing monopoly
2. The catcher and the umpire (baseball)