

# NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

Nov  
2022

## Jaw clicking

A clicking jaw is an indication of muscle imbalance in the jaw and the joint becomes the victim of this.

The clicking occurs when the mandible, the lower part of the jaw where it enters the joint in front of the ear, moves too far forward and rides over a disc which sits on the upper part of the joint, making a clicking sound.

The reason for this is quite interesting because it often means the muscles and soft tissue on the other side of the jaw are tight, not those on the side of the click.

If the opposite muscles are tight it means that side of the jaw does not open fully, forcing the other side to open more than normal to accommodate the loss on the tight side. This results in the mandible on the click side to move forward, hence the click.

To restore balance and remove the click, the goal would be to loosen the tightness on the opposite side to the click, thus restoring equal opening on both sides, keeping the mandible in the joint space.

8/5-7 Lavelle Street, Nerang, Queensland, 4211

Tel: 07 5596 4711 | Web: [www.nerangphysio.com](http://www.nerangphysio.com) Email: [nerangphysiotherapy@onthenet.com.au](mailto:nerangphysiotherapy@onthenet.com.au)



## Carrying bags

Having had 2 children go through school, (one still going) and seeing what they had to carry in their school bags, makes me want to write about how we should carry things, especially backpacks or handbags.

I want to write this in relation to shoulder issues, as many people do suffer shoulder pain from poor carrying techniques. When someone has one shoulder higher than the other, they are often told to carry their bag on that shoulder to 'pull it down'.

Unfortunately this does exactly the opposite! To ensure the strap does not slip off the shoulder the shoulder tends to rise up, thus

causing further tension in the shoulder and more problems.

If a child carries a backpack to school only over one shoulder, they will develop this same poor shoulder posture. The same is to be said of handbags.

So to correct this the backpack should always be carried over both shoulders and should preferably have a strap across the chest pulling the straps inwards to prevent the sensation of the straps falling off the shoulders.

As far as handbags are concerned, it would be ideal to have the strap long enough to be able to stretch across the chest diagonally from one shoulder to under the other one. This will share the weight more evenly and prevent the need to raise the shoulder.

## News

As of the 19<sup>th</sup> November we will be opening on Saturdays from 07h30 to 12h00. We realise there are some people who just cannot make it in during the week so hopefully this will offer you the chance to receive Physiotherapy at your convenience.

# EXERCISE OF THE MONTH:

## YOGA

I often get asked about Yoga and whether it is good to do. My goal for any form of exercise is to focus on flexibility and let the strength take care of itself. Yoga has good proven results and there are variations to Yoga as well which can suit different people.

Yoga is often overlooked, but it has many health benefits. Yoga can help with back pain, improve bone strength and keep your heart healthy. Yoga was associated with better cholesterol numbers and improved blood pressure.

Yoga is good for flexibility, strength and balance. And when it comes to exercise, it's important to think beyond aerobic exercise. Balance and flexibility are particularly important for older folks to prevent falls.

Some people prefer hot Yoga but you have to be careful that your circulation control is up to scratch as heat dilates blood vessels and if your blood vessels are a bit dilated already, heat could aggravate that and cause issues. So if you have blood pressure issues hot Yoga is not for you.

So for better mobility and strength, try Yoga and see how it benefits you.



## BRAIN TEASERS OF THE MONTH

1. When will water stop running downhill?
2. What can you hold in your right hand, but not in your left?
3. I am strong enough to smash ships, but I fear the Sun. What am I?

Answers below.

### Have a laugh



### Tip of the month

**Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't do.**

## Wellness Information

Scalar waves (also referred to as longitudinal waves or Tesla waves) are often talked about in quantum physics—and they are all around us! These waves are a natural form of energy shaped like an hourglass. All your cells and your DNA operate on this hourglass scalar shape. How do we know scalar waves exist if they are invisible? Scalar waves can be observed and studied through spectrograph imaging.

Benefits of scalar waves:

- Maximize nutrient uptake and cellular detoxification.
- Increase mental focus and brainwave coherence.
- Balance both hemispheres of the brain (known as super-learning)
- Catalyze heightened states of awareness and creativity.
- Transcend space and time.
- Travel faster than the speed of light.
- Are thought to trigger a positive increase in immune function.
- Promote higher levels of cellular energy.
- Clear negative cellular memory.
- Counteract harmful EMFs.
- Promote healing and regeneration.

Answers: 1. When it reaches the bottom. 2. Your left hand 3. Ice