

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

May
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Fascia

There is one tissue in our body that we would not be able to survive without and that is fascia.

This connective tissue is one piece of tissue running from the top of the head to the tip of the toe and back and covers every single structure in our body from nerves and arteries to bones, muscles and organs.

It is a very complex tissue microscopically flexible and mobile yet it can withstand up to 300lb per square inch of strain. This makes it highly useful in allowing movement and preventing injury.

It is made up of mostly inelastic fibres but does have some smooth muscle fibres which gives it a slight elasticity, but it is mostly an] inelastic multi-directional tissue.

It has what is called a thixotropic nature which means if you press slowly into it it will give way, but if the force is increased or sudden it will resist. Hence heavy-handed massages can irritate the fascia.

Our Myofascial release massage is ideal for releasing tension in the fascia giving great results and pain relief.

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News

For those of you who have not heard about our May specials please refer to the previous email this month or call for details. Don't forget to wrap up warm BEFORE you get cold or you will get a cold.

GETTING THE BEST FROM YOUR TREATMENT

As good as any treatment can be it can only be successful if certain things are done post-treatment.

As with exercise, physical treatment is a stress to the body, challenging its ability to repair. So just like exercise it is essential to give the body about 48 hours to respond and recover.

After 48 hours the body will then be able to expose what is to be treated next, as there are many layers to the soft tissues of the body and treatment can only work from outside to in by releasing the surface layers first.

Each layer of soft tissue also has its own set of signs and symptoms so this can seem like pain is moving or changing, but all that is happening is that different tissues are now able to express their symptoms.

So to get the best from any treatment it is important to allow this 48 hour reaction time, however this can vary in acute injuries where treatment can take place daily initially as we are guiding the body into a repair pathway.

Once settled on that path, treatment can then get back to the 48 hour gap. In the beginning of treatment programmes this will mean treatments are done twice weekly to be beneficial. If we leave too long a gap between treatments it could lead to a regression of the condition, thus more treatment will be required over a longer period of time.

Once signs are there that things are stabilising, treatment can then go to weekly and then fortnightly sessions as the changes will be less at this time.

Another way to ensure good progress is to recognise what can cause the problem and then to avoid that while you are recovering. As I say, you do not see animals running around while they are injured, so why should we.

EXERCISE OF THE MONTH:

Hip Abduction 2

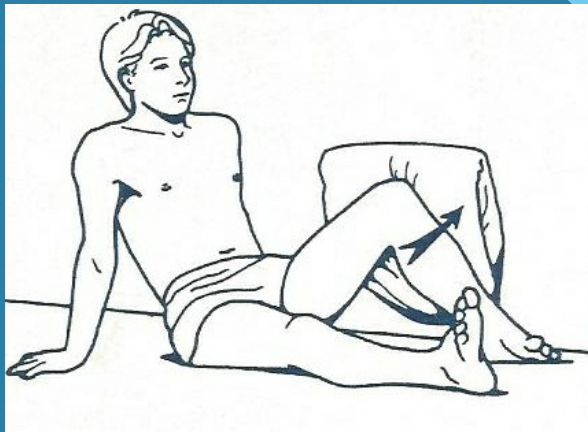
Further to our exercise for the hip abductors, the muscles that move your leg away from the midline, but also support you when you are standing on your leg, we have another exercise to strengthen these muscles.

This one, however is called Isometric exercise, which means muscle contraction without movement. This can help if there is any pain with movement of the joint, so we can still build muscle without stressing the joint too much.

Lay on the floor next to a wall or on your bed if your bed is up against a wall. Put a pillow between your knee and the wall to cushion any pressure on the knee. Get your knee as close to the wall as possible.

Now push your knee against the pillow/wall as hard as you can without moving your leg or hip or any part of your body. Once you reach the point you feel is maximum muscle activity, hold this for 7 seconds, then release.

Do this 5 times on each side to start building strength in the hip muscles. Once you have finished each side stretch your knee over the other one to gain good flexibility in the hip muscles.



BRAIN TEASER OF THE MONTH

Surviving the fall:

A man residing in a fifty-story building decides to jump out the window. He survives the fall with no injuries. How did he do this?

(Answer below)

Have a laugh



Tip of the month

Movement is what our body is all about. It is designed to move not to be fixed in positions for long periods. Even when we sleep we move some. So the best way to keep the body functioning well is to move well. Get your arms into whatever position you can up, out, behind, in...all directions. Do the same with the legs and neck and back, wherever you can move them, do so, but do it slowly and with intent, no forceful movements. Don't get fixed in a chair for hours without some movements, even in the chair you can lift your legs, move your knees from side to side, raise your heels, etc. Just move! Happy May.

What makes us unique?

Nerang Physiotherapy is the ONLY practice on the Gold Coast restoring muscle strength, body flexibility AND control of the circulation.

We have designed an approach to pain management that attempts to encompass all aspects of painful conditions.

Most approaches tend to focus on the pain itself and many treatment are symptom-based, but this does not get to the true causes of pain.

What we look at is the three main causes of most of the pain people suffer from, that is weak muscles which put strain on other pain-sensitive structures, fascia, the soft tissue that carries the majority of the sensory nervous system and a system that usually gets overlooked - the Sympathetic nervous system that controls blood flow rate.

Just treating the mechanical faults can have some benefit, but not correcting blood flow rate is like building a house on sand, there will be a tendency for the symptoms to return.

So for a comprehensive treatment give us a call.

Answer: The man jumped out of the first-floor window, which was only three feet off of the ground.