

# PETER MITCHELL

## Nerang Physiotherapy

### Physiotherapy for the whole family

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Chairs are one of the major causes of lower back pain in the western world.

IN Africa and the East where squatting or sitting on the floor or kneeling is utilised the occurrence of lower back pain is minimal.

Sitting is half way between standing and squatting and only utilises half of the natural range of motion we have in the lumbar spine.

Sitting with a lumbar 'support' pushes the spine into an unnatural posture as our spine is not meant to be in extension when sitting.

So why do we get relief from pain with a lumbar 'support'? Because it relieves the tension on the lumbar spine, unfortunately it does so by moving us further into the deformity!

This means in the short-term there is relief, but in the long-term tension increases even further and even the lumbar 'support' will not be enough to relieve the pain.

Once again a device is being used to treat a symptom not a cause. At best they should be used short-term while the true cause of the pain is being treated.



## GENERAL NEWS

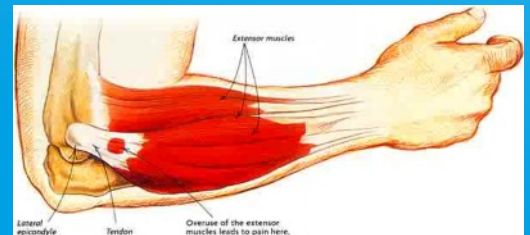
Happy New Year to you all. We wish you all the success and fortune for 2015 and we look forward to working with everyone to achieve good health and vitality. Keep smiling and stay safe.

## TENNIS ELBOW OR LATERAL EPICONDYLALGIA

This is a very common complaint however, it is not always tennis that is the cause. The trick to treating this condition, however, lies in the understanding of the chain of events in the bio-mechanical system.

Most tennis elbow injuries begin with imbalance in the shoulder. Some do however begin with overuse of the forearm as in chopping wood, clipping hedges etc.

In those that begin with shoulder dysfunction, symptoms are often missing in the shoulder but as the body is forced to compensate for weakness and stiffness in the shoulder, the arm muscles take the strain eventually passing the stress onto the forearm muscles.



In 'true' tennis elbow the problem begins with the serve but is often felt on the back hand shots. The serve strains the inward rotation muscles of the shoulder resulting in tightness and weakness of these.

The load is then transferred to the triceps, elbow extensors. Overuse of these will result in compensatory over-action of the wrist extensors, the end result being tightness of the soft tissue around these muscles.

This tightness causes what ends up as tendonitis of the extensors of the forearm known as tennis elbow. Hence management must include an assessment of the shoulder (and neck), arm and forearm to ensure complete recovery. Local treatment is rarely sufficient.

## EXERCISE OF THE MONTH:

### SEATED THORACIC STRETCH

For those of you who sit a lot or drive a lot or just have a sensation of feeling tight in the middle of your back, this one is for you.

Find a chair that has a back-rest low enough that when you lean back over it it pushes into the middle of your back.

Raise your arms and lock your fingers behind your head. Slowly lean back over the back-rest of the chair until you feel the tissues in the back being pressured by the chair.

Hold this position for at least 30 seconds or until you feel the tissue tension easing. Do one of these at least once per day to help ease the tension in the upper back.

### Have a laugh

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."



## BRAIN TEASER OF THE MONTH

A poor farmer went to the market to sell some peas and lentils. However, as he had only one sack and didn't want to mix peas and lentils, he poured in the peas first, tied the sack in the middle, and then filled the top portion of the sack with the lentils. At the market a rich innkeeper happened by with his own sack. He wanted to buy the peas, but he did not want the lentils.

Pouring the seed anywhere else but the sacks is considered soiling. Trading sacks is not allowed. The farmer can't cut a hole in his sack. How would you transfer the peas to the innkeeper's sack, which he wants to keep, without soiling the produce?

In order to get a better understanding of pain, here are a few of the most common types of pain we experience and the possible causes.

- Pain at night/rest or after rest: poor blood flow rate control (circulation)
- Pain identical on both sides of the body: circulation or neurological (disc bulge)
- Pain with movement: mechanical e.g. muscle weakness, arthritis
- One-sided lower back pain: opposite hip weakness
- Pain down the upper back one-sided: opposite side neck stiffness
- Throbbing pain (pulsing): circulation
- Groin pain: same side hip weakness

### Sayings of the month:

"In nature, there are neither rewards nor punishments— there are consequences." ROBERT G. INGERSOLL

"We see in order to move; we move in order to see." WILLIAM GIBSON

### Tip of the month:

Wiggle your way through your journey.  
If you drive long distances, wherever possible try and move you legs and back as often as you can to ensure you don't get stiff and sore.

Pour the lentils into the innkeeper's sack, bind it and turn inside out. Pour in the peas. Then unbind the sack a pour the lentils back to your sack.

Answers: He should shoot at the ground.