

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Chairs and your back

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.

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## Calf tears

Tearing a calf muscle can sound like a gun shot going off. The tendons of the large calf muscles are very tough as they have to take the entire weight of the body through them regularly, not to mention when playing sport.

Because of this toughness when they get put under unusual stress and tension they will eventually tear and it can be very sudden as in a game of tennis and the snap will be very loud. But why do they tear?

In most cases the calf muscle covering, called fascia, is in an abnormally tight condition commonly due to overuse. The overuse pattern is directly linked to the hip muscles being weak which means the weight taken through these muscles is not taken up sufficiently by the muscles.

This results in a form of a limp which means when you stand on the affected leg you actually spend a split second more on

that leg which means the weight put through that leg is more than normal. This means you have to push off that weight using the thigh muscles and the calf muscles.

This extra effort slowly causes a tightening of the fascia of these muscles resulting in stiffness. This now means the fascia has less play and is vulnerable to tearing.

So next time the calf muscles are pushed to their limit, which is now less than normal, they are susceptible to tearing. A lot of the time it is the fascia that tears, not the muscles. Now fascia can withstand up to 200 Lbs per square inch of strain, so it is naturally very tough, but that is only when it has its natural flexibility.

Remove the flexibility and this limits the ability of the fascia to absorb strain and a tear is imminent. So to prevent this occurring, we need to ensure normal hip muscle function and flexibility in the calf fascia.

## News

Here's hoping everyone one is well and staying virus-free. Remember with winter approaching, the cold weather attracts viruses like the flu and other coronaviruses so please stay warm and keep up the social distancing when in the shops or out and about. Good health to all.

## EXERCISE OF THE MONTH:

### Thymus thump

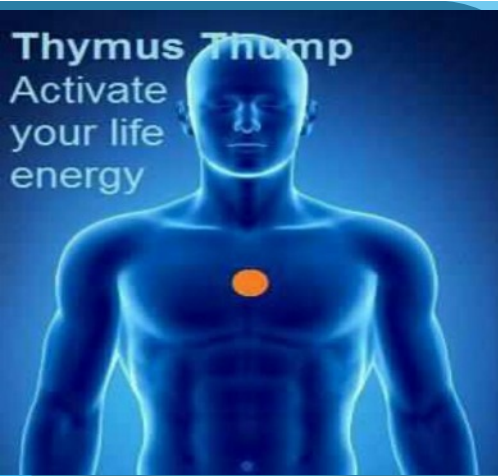
Yep, you heard me right. In times like these we all need a little help de-stressing and the Thymus thump is one way to boost the immune response.

Your thymus is a small gland located in front of your heart and behind your sternum. One of the functions of the thymus is to process and mature T cells, the immune system's main warriors. Thumping, or tapping, your thymus gland stimulates your immune system, giving it a boost. To find your thymus, locate your collar bone and position your finger on its end, near the hollow at the centre of your neck.

Keeping your finger just to the left of your sternum, slide your finger down to the spot just below your second upper rib. This is the area where you will tap. Bunch your fingertips together, or just use the flat of your hand.

Thump in this area for 30 – 60 seconds at least twice, or better yet, three times a day. I have been doing this for many years now and it really works! If you are around someone who is sick, or if you feel a cold coming on, thump your thymus more frequently. Give it a go now!

Thymus Thump  
Activate  
your life  
energy



## BRAIN TEASER OF THE MONTH

There is a large wooden barn which is completely empty except for a dead man hanging from the middle of the central rafter. The rope around his neck is ten feet long and his feet are three feet off the ground. The nearest wall is 20 feet away from the man. It is not possible to climb up the walls or along the rafters. The man hanged himself. How did he do it? (Answer below)

### Have a laugh

LOL Question of the day? 📌

What if Mexico decided to build stairs on their side of the wall? 🤔

### Tip of the month

With winter nearly upon us it is time to think about things we can do to prevent getting the flu, especially this year as it may be difficult to distinguish the flu from the COVID 19 virus. Stay war, don't wait till you get cold to put warm clothes on, it is too late by then. Warm cold feet up, THEN put socks or slippers on. Socks/slippers cannot warm cold feet on their own. Eat warm foods, reduce cold drinks. Include lots of garlic and ginger in your foods and add a few spices like cinnamon and cayenne pepper to add 'heat' to the body. Stay well and keep smiling.

## Healthy living column

### Health tips:

#### 10 Things to help detox

1. Practice clean consuming: consume whole foods that help detox the body naturally, e.g. celery, leafy green, cruciferous veg, etc.
2. Stay hydrated: drink purified water (filter your water or buy Nabropure water from local outlets)
3. Practice meditation (see our website nerangphysio.com)
4. Move your body: this does not mean vigorous exercise, just quality movement daily)
5. Spend some time in nature: this helps our stress response system
6. Try hot and cold showering: Do this only if you know your circulation is in good nick
7. Maintain good oral health: Rinse your mouth with coconut oil for 10 to 20 minutes then spit into the bin and brush teeth and scrape tongue
8. Body brush: Brush away dry old skin cells to reveal new younger cells
9. Consume superfoods and herbs that support your detoxing organs.
10. Get at least 7 hours sleep a night.