

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Carpal Tunnel

As with many painful conditions it is easy to look at the source of the pain and begin assessing all the local mechanical components.

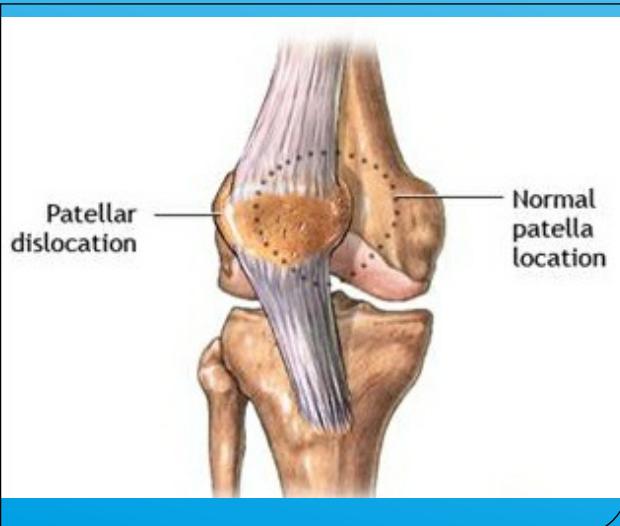
However the origin of Carpal tunnel (CT), like many other conditions is not actually where the pain is. Those pundits in the know will tell you the origin of CT is in the neck where the fascia (soft tissue) becomes restricted and can interfere with the pattern of soft tissue running down the length of the arm.

Part of that restriction could affect the nerve supply to the arm as well, which could explain some of the symptoms in CT. However, mechanically the shoulder and elbow strength can be affected which forces the forearm muscles to become over-used resulting in tightness of the fascia in the forearm leading into the wrist.

This tightness can then compress the nerves as they travel through the wrist into the hand, giving us the symptoms of CT. Local treatment will thus be ineffective until the fascia from the neck to the hand is treated. This is our approach which has a very good success rate without surgery.

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## Dislocated knee cap?

Help is at hand

Having a dislocated knee cap, often termed 'dislocated knee' which is a bit elaborate as the knee itself is intact, can be a very painful experience.

Commonly knee caps dislocate due to traumatic impact such as falling on the knee or a bad tackle in a game of footy. However there are some who suffer recurrent dislocation in very benign circumstances.

Imagining walking down a hill and suddenly your knee cap dislocates. This may seem such an innocuous situation but it usually indicates there is something fundamentally wrong with the mechanics of the knee.

It will also indicate that the recovery from any previous dislocations was not full and sound or treatment was insufficient. So what can be done to prevent this happening again?

## News

Please note we have new stock of Magnesium spray as well as a few new products involving Magnesium including bath salts and a spray with Magnesium and MSM, very good for aching muscles or after strain recovery. Get yours now.

Well the main thing to do is to restore the faulty bio-mechanics of the hip and knee. Typically with this type of injury you will find there will be weakness of the hip muscles, the muscles of the thigh and possibly those of the calf.

Often the ITB, a thick band of tissue running down the outside of the thigh becomes tight and this increases tension across the knee cap. What we must also remember is the knee cap actually sits inside the tendon of the front thigh muscles (quadriceps), so it is dependent on its position and movement on these muscles.

If the muscle pull is more towards the outside of the knee, the knee cap will tend towards moving in that direction. Correction involves restoring all natural flexibility in the soft tissues of the hip and thigh, releasing the ITB to ease tension on the knee cap and improve muscle strength once this is achieved. Exercise alone is not enough. Once all this is in place there will be less chance of further dislocations.

## EXERCISE OF THE MONTH:

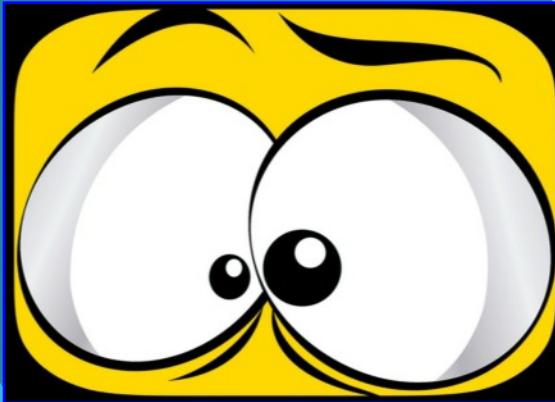
### Eye zoom

One of the most problematic conditions we are faced with in the new age is poor eye sight, especially short-sightedness. What with the computers, smart phones, tablets and TV's used on a daily basis, our eyes do get tired from not being used correctly.

Just like any other part of our body, the eye movements are controlled by muscles, and like all muscles they need to be kept in use within their full range of motion daily to stay functional.

When we look at objects in the distance or up close it is the eye muscles controlling that. But when we are fixed in front of a screen of some kind the eyes don't move much at all and stay focused at a certain distance. So we lose the ability of our muscles to correctly focus.

So, how can we correct this? The Eye zoom is an exercise which stimulates the zooming in and out of our vision from a far distant point to close up to re-train the muscles that should be doing this. So put up a finger in front of your face and focus on this, then focus on an object in the distance and go back and forth between the 2 for 2 minutes. Do this daily to help keep good vision.



### BRAIN TEASER OF THE MONTH

There are 20 people in an empty, square room. Each person has full sight of the entire room and everyone in it without turning his head or body, or moving in any way (other than the eyes). Where can you place an apple so that all but one person can see it?

(See answer below)

### Have a laugh

Migraine



Hypertension



Stress



Christmas music in October



### Tip of the month: Olive Oil for your skin

Pure olive oil has a high nutrient load, including vitamins D, E, K, and A as well as omega-3 fatty acids. According to a study conducted at Rutgers University, olive oil also contains a substance called oleocanthal, which can rupture part of the membrane walls of cancer cells. This makes olive oil potentially cancer-protective as a food. All the "good stuff" you get when you consume olive oil can be a boon for your skin as well. However, it is wise to always choose organic, extra-virgin varieties for both internal and topical use.

## Healthy living column

### Health tips:

### Is happiness a choice?

Let's take mindset, for starters. While navigating through this journey called life, how you think will either help or hinder your level of happiness.

No matter what hardships you've endured, you've probably noticed that there are two different kinds of people in the world – those who resolve to be happy no matter what life throws at them, and those who just always seem to be unhappy (or even downright miserable).

Here are just a couple of ways to stay happy, more to follow next month:

#### #1 – Keep a gratitude journal.

Write down a few things (at least three) for which you feel grateful every day. Keeping your mind focused on being grateful for what you have rather than chasing things you don't have eventually improves mental health over time.

#### #2 – Smile more.

Sometimes you have to fake it until you make it. Research shows us that when we smile, we not only trigger "smile muscles" in other people, we also benefit. Smiling activates brain circuits associated with well-being and happiness.