

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

Oct  
2022

## Big toe pain

Typically pain in the big toe is seldom caused by problems with the actual toe. Many of the causes of toe pain stem from higher up the mechanical chain, such as calf or hip.

If for some reason the hip muscles become weak the tendency is to land heavier on the side of the weakness putting more load through that leg, therefore you have to push off that extra load.

This pushing off involves the big toe as this is the power toe from which you launch into the push off phase of walking. This overuse results in tightening of the fascia around the muscles operating the big toe.

This tension in turn puts strain across the joints of the big toe, stressing all pain-sensitive structures in the area resulting in pain.

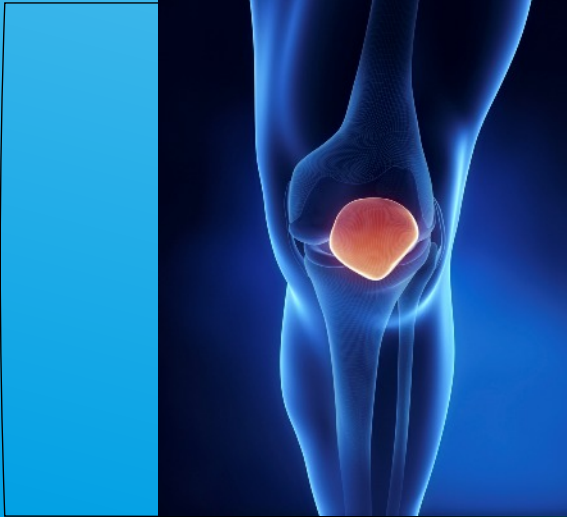
So to treat pain in the big toe, or for that matter, the foot, we always need to look at hip strength, ankle strength and calf tension. If we can resolve these, then in most cases the pain will ease.

The only other thing worth looking at are your shoes in case the inserts are causing issues.

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## Patella dislocation

The patella or knee cap is a unique piece of bone as it sits inside the tendon of the quadriceps muscles that run the length of the front of the thigh.

Most patella dislocations are traumatic and usually happen during sport, and it is more common in women. In most cases someone will fall on their knee at speed or could be hit in a tackle, and this will force the patella out of its normal groove leaving it to the side of the knee.

However, there are certain things that can lead to a dislocation happening even without trauma. If someone has tightness in the thick band that runs down the side

of the leg, called the ITB, this can increase sideways tension on the patella making it more susceptible to a sideways dislocation. So even just running and changing direction can result in a dislocation as there is a pre-disposition to this due to abnormal sideways tension on the patella.

Treating dislocated patellae should include an assessment of the hip muscles and the thigh muscles as well as the ITB tension to ensure there is good strength and mobility of the soft tissues crossing the knee. The mobility of the patella is also important and relies on the soft tissues surrounding the thigh muscles.

To prevent recurring dislocations, it is important that strength and flexibility are key in both hip and knee.

## News

With the days warming up it is a good time to top up on your Vitamin D3. Getting into the sun for half an hour a day with some sun on your face and arms is enough to produce 10,000 international units of Vitamin D3 and help protect your body.

## EXERCISE OF THE MONTH:

### Endurance exercises

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

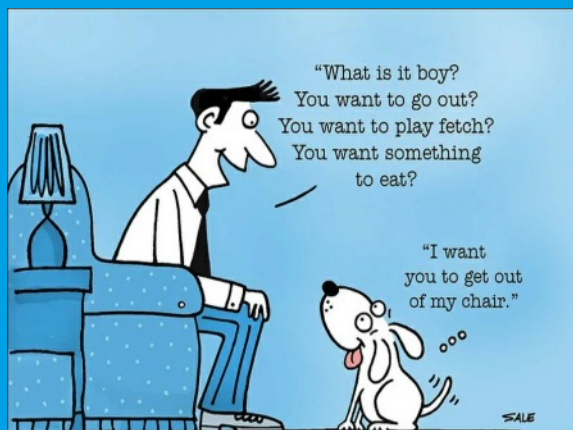
Increase your endurance or "staying power" to help keep up with your grandchildren during a trip to the park, dance to your favourite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.



## BRAIN TEASERS OF THE MONTH

A boy was at a carnival and went to a booth where a man said to the boy, "If I write your exact weight on this piece of paper then you have to give me \$50, but if I cannot, I will pay you \$50." The boy looked around and saw no scale so he agrees, thinking no matter what the carny writes he'll just say he weighs more or less. In the end the boy ended up paying the man \$50. How did the man win the bet? (Answer below)

### Have a laugh



### Tips of the month

**Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. -Steve Jobs**

### Wellness tips

Your body goes quite a few hours without hydration as you sleep. Drinking a full glass of water in the morning can aid digestion, flush out toxins, enhance skin health and give you an energy boost. It is further recommended to drink 1 litre in the first hour of waking, adding a bit of lemon juice and only room temperature water.

Wake up and do something that inspires you like journaling, walking in nature, or other hobbies. Whether it's productive or relaxing, beginning your morning on the right foot can cultivate a positive mindset and set the tone for the entire day.

It's easy to mindlessly snack throughout the day, so make sure your snack choices aren't weighing you down. Mixed nuts, veggies, Greek yogurt or even a piece of dark chocolate are all great options that will keep you feeling satisfied.

Multivitamins contain vitamins and minerals that are essential to your health. No matter how healthy you eat or what diet you follow, it can be difficult for your body to get all of the nutrients it needs from food.

Answer: The man did exactly what he said he would do and wrote 'your exact weight' on the piece of paper