

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Vibro-Acoustic Bed

Science has found that everything in the universe is vibrating and oscillating in a specific frequency including our cells. Resonance is the basis of sound healing, it creates a harmonious matching pattern between 2 vibrational frequencies.

Each musical note is amplified in the bed and transmuted into gentle vibrations setting our molecular and cellular structures into harmonious motion, naturally resonating with the frequency of the music. Cymatics is the science of sound made visible, based on the physics principle that when sound encounters a membrane or impacts the surface of an element such as water, a pattern of energy is automatically imprinted, changing the shape creating coherence in beautiful symmetrical patterns on the membranes that surround cells in the body. Vibrating.

Take advantage of our FREE 30 minute trial of our Vibro-acoustic bed, great for de-stressing but also for healing.



News

It is that time again, and wow, how quickly it has got here. We would like to wish everyone a very Merry Christmas and a Happy New Year. Keep safe over the holidays, drive safe and look after your families.

Calf pain

Whenever someone mentions calf pain, my immediate thought is what are the hip muscles doing or not doing?

Generally anything that occurs in the leg below the hip that comes on without any form of trauma, is due to hip muscle weakness.

The key here is to find out why the hip muscles are weak and correct where necessary.

When hip muscles don't work fully it will cause you to take more load than normal through that leg as the hip muscles are the stabilisers and should allow load to be shifted to the opposite side as soon as possible.

When this happens the extra load going through that leg and thus the extra weight has to be pushed off, and this will put excess strain on the groups of muscles doing this, including the quads (front thigh muscles) and the calf muscles.

This overuse will eventually result in the fascia around these muscles becoming tight, restricting mobility and causing pain.

The pain could be felt anywhere in the calf but commonly it is felt in the junction between muscle and tendon or in the achilles tendon.

Treating calf pain thus involves solving the cause of the hip muscle weakness and releasing any tension in the calf fascia.

EXERCISE OF THE MONTH:

Tai Chi

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to improve a patient's functioning and quality of life.

If you have a limiting musculoskeletal problem or medical condition — or if you take medications that can make you dizzy or light-headed — check with your doctor before starting tai chi. Given its excellent safety record, chances are that you'll be encouraged to try it.

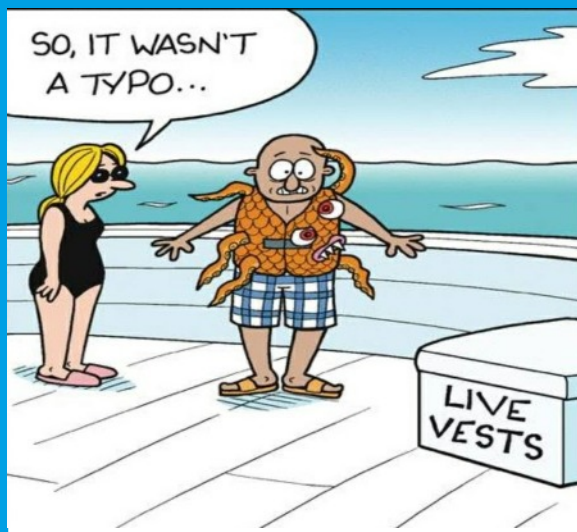


BRAIN TEASERS OF THE MONTH

A woman enters a large metal tube. She's terrified and holds her husband's hand for comfort. He soothes her but is fine himself. A few hours later, the torment ends, and the woman is fine. What happened?

Answer below.

Have a laugh



Wellness Information

Now available at Nerang Physiotherapy - Pure Borax.

Borax and boric acid have basically the same health effects with good antiseptic, anti-fungal and antiviral properties but only mild antibacterial action. Boron is essential for the integrity and function of cell walls and for the way signals are transmitted across membranes.

Boron is distributed throughout the body, with the highest concentration in the parathyroid glands followed by bones and dental enamel.

It is essential for healthy bone and joint function, regulating the absorption and metabolism of calcium, magnesium and phosphorus through its influence on the parathyroid glands. With this, boron is to the parathyroids what iodine is to the thyroid.

Boron deficiency causes the parathyroids to become overactive, releasing too much parathyroid hormone which raises the blood level of calcium by releasing calcium from bones and teeth. This then leads to arthritis, osteoporosis and tooth decay.

For more info go to: <https://www.scribd.com/doc/129554404/The-Borax-Conspiracy>

Only \$15 for 900g Borax salts.

Tips of the month

Time and health are two precious assets that we don't recognize and appreciate until they have been depleted." – ...

**"A fit body, a calm mind, a house full of love. ...
"A good laugh and a long sleep are the best cures in the doctor's book."**

Answer: 1. They were on an airplane and she's scared of flying. Her husband, who isn't scared of flying, tried to comfort her during the flight. She was fine once they landed.