

NERANG PHYSIOTHERAPY

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The difference is obvious

**April
2015**

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AC Joint Injury

Otherwise known as a 'Separated shoulder', the Acromio-clavicular joint injury in the shoulder is commonly a traumatic injury seen in contact sports, skiing, or from falls onto outstretched arms.

There are many degrees of strain from minor ligament strain to complete tear of all ligaments involved.

The obvious sign of a separated shoulder is the apparent 'dropping' of the shoulder, however, it is the collar bone that has moved up due to the lack of ligament attachment.

Painful resisted movements include keeping the arm into the side and lifting it forwards. It is often tender over the front of the shoulder.

If non-surgical treatment is advised then treating the shoulder and neck as a combination is essential as they interact together. Increasing flexibility in the soft tissues of the shoulder and neck assists in improving muscle strength and joint range.

Strengthening can be introduced later and altogether it could take anywhere between 3 and 6 months to recover.



PRACTICE NEWS

We hope you all had a great Easter and a super holiday if you went away. If you are still travelling, please do so safely.

We have introduced a video-led option to our Rebounding class which can be followed as an individual or as a group. Get your FREE 10 minute session now!

"I DON'T KNOW

WHAT I DID BUT...."

If I had a dollar for every time I heard this from a patient...

One of the most common pain patterns treated at Nerang Physiotherapy is that which has no obvious cause/trauma involved. Quite often it occurs in the morning (not always) and often after an innocuous movement you have done almost every day of your life.

In many cases it would be easy to think that the 'injury' happened NOW, but it is more common that the 'injury' was an end result of a series of changes your body has been through over a longer period of time.

So how does this happen? To answer this we have to follow the trail back to the beginning. More often than not, the problems begin with small irritations or overloads on the system, be it repetitive movements, long-term

sitting/standing, exercise, sports, etc.

These small but stressful-to-the-body irritations overload the Sympathetic Nervous System which controls your blood flow rate. This nervous system eventually becomes fatigued or irritable and loses control of the blood flow rate, including its own.

This in turn results in slow but sure soft tissue stiffness and muscle weakness, usually a-symptomatic at this stage, so we think there is nothing wrong. Eventually the stiffness/weakness is compensated for by the body, loading up on other areas resulting in further tightness and weakness.

This will continue until the body cannot compensate any further and an area of the body that has taken up most of the slack is an injury waiting to happen. All it takes then is one normal movement and BANG! Treating it as an acute injury could lead to incomplete recovery. Don't expect quick results with these conditions, it will take time.

EXERCISE OF THE MONTH:

LUMBAR STRETCH

Over 85% of the western population suffer from lower back pain and one of the common culprits is the Psoas muscle. This runs from the front sides of the lumbar spine to the front of the large leg bone (femur).

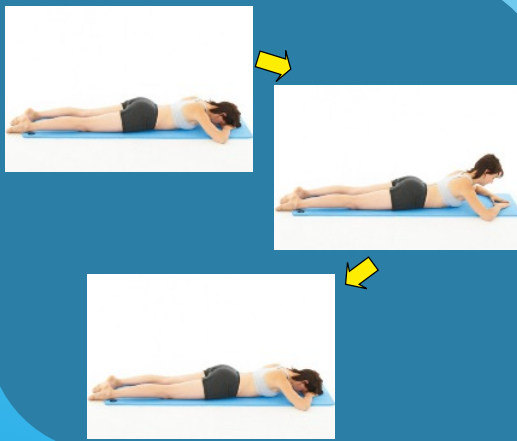
It gets tight due to assuming the sitting position often as we grow. The tighter it gets the more the lumbar curve increases.

To help stretch this muscle and the soft tissue related to it do the following.

Lie face down on the floor or a firm bed and forehead on crossed hands, elbows out. Slowly lift yourself up on your elbows keeping your forearms on the floor/bed.

Stop where you feel the first sense of stretch and hold until this feeling eases. Do this at least once a day.

Have a laugh



BRAIN TEASER OF THE MONTH

Three people check into a hotel, paying \$30 to the manager and going to their room.

The manager suddenly realises the room rate was \$25 and gives \$5 to the bellboy to return to the guests.

The bellboy reasons \$5 will be difficult to split between 3 people so he pockets \$2 and gives \$1 to each guest.

Now each person paid \$10 and got \$1 back.

So they paid \$9 each, totalling \$27. The bellboy has \$2, totalling \$29.

Where is the missing \$1?

(See answer at bottom of page)

Foot care essentials: A guide to healthy feet

1. Wash your feet - seems obvious but is not always done
2. Dry your feet - important for the spaces in between toes to avoid fungal infections
3. Remove hard skin - done with a foot file or pumice stone, or see your Podiatrist
4. Cut your toenails - long toenails increase the risk of infection and will harbour dirt more often
5. Avoid being bare foot in communal areas - ensure you have a decent barrier between your feet and surfaces of communal places (e.g. flip-flops)
6. Do not live in your flip-flops - avoid being in flip-flops for too long, they are the least supportive form of footwear and can lead to arch and heel pain.

These are just basic principles to be followed for foot care to ensure healthy feet and limit risk of infections. It is important to know, despite ageing, your feet should never hurt. If you have any concerns call for an appointment

Tip of the month: Winter clothing

The winter temperature gradient in QLD is very big, i.e. from the high day temperature to the low night temperature. Ensure you dress accordingly and do not get caught out wearing light 'summer clothing' as it cools at night. This is *one of the biggest causes* of colds and flu, where the body surface temperature drops too quickly and blood is forced into the internal cavities of the body, causing inflammation and possible infection.

Dress for the changes in the weather, not just for the weather. Have a warm and healthy winter.



We have to be careful what we are adding. Originally, they paid \$30, they each received \$1 back, they now have paid only \$27. Of this \$27, \$25 went to the manager for the room and \$2 went to the bellboy.

Answers: