

NERANG PHYSIOTHERAPY

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The *difference* is obvious

July
2021

Strapping or no strapping?

I get asked quite a bit whether or not strapping is necessary with regards repairing an injury.

My first line of thought is always, what would you do if you were out in the sticks? There you do not have all the fancy equipment we have available to us in cities.

What if you went over on your ankle and you did not have any form of treatment apart from self-care. Strapping would not be a choice then and so naturally you would rest the ankle but at the same time you would try walking on it slowly bit by bit to test it.

This also allows the tissues and muscles to recover in the way they are going to be used. The natural strapping is given by the muscles as they cross over the joint. So strapping is not always required as you would rather rely on the body's own form of strapping.

There are occasions where strapping can be used as an assist especially in sport but the muscles and ligaments should be given every opportunity to do their work without assistance.

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Injuries are not always what they seem

There is a common conception about acute injuries that the injury was something that happened then and there, however it is not uncommon in many cases that the actual tear or strain or sprain is just the end result of a build-up that has taken place long before.

This leads to incomplete treatments as the original area of dysfunction is missed and all the focus is on the actual injured area.

Our bodies are incredibly versatile and can put up with huge amounts of stress before giving way, and it is usually when we slowly use this ability to give in to the stresses of sports or exercise that something has to give.

When we look at a tendon Achilles tear as an example, this

tendon can quite comfortably withstand the entire body weight and more, so there is no way it will just tear during a simple push off action as in sprinting or jumping.

It usually indicates the tendon was already under abnormal load even at rest, due to calf fascia tension which is likely due to weak hip muscles. This means it's starting point for taking load is different and it cannot accept even normal load at the time of injury.

So investigations must include the possibility the injury was an end result of other mechanical changes that have taken place prior to the injury, and if these are assessed and treated then we are removing as many obstacles as we can to allow for full recovery of the injured area.

This is our approach at Nerang Physiotherapy where we seldom focus ONLY on the injury, but look further afield to restore all function related to the injured area.

News

We're nearly through the winter and again no flu, how bizarre! Still time to keep wrapped up though and stay healthy. Don't wait till you are cold before you do something about it, that may be too late. Keep smiling.

EXERCISE OF THE MONTH:

Hip and knee

Another easy exercise to do to strengthen the hip and knee is this one which affects the hamstrings, the muscles at the back of the thigh.

This can be done on your bed or on the floor. In a sitting position resting on your hands, bend one knee to approximately 90 degrees.

Turn the foot in towards the other leg, and gently push the heel into the bed/floor till you feel the tension in the hamstring muscles.

Hold this tension for 7 seconds and then relax and straighten the leg. Repeat this with the other leg.

Alternate between both legs until you have done 10 repetitions on each leg. Remember to straighten the legs after the exercises to ensure no shortening of the soft tissues at the back of the thigh.

You can do this daily or every other day but even once a week can be useful as the tone built through this exercise can last for at least 10 days.

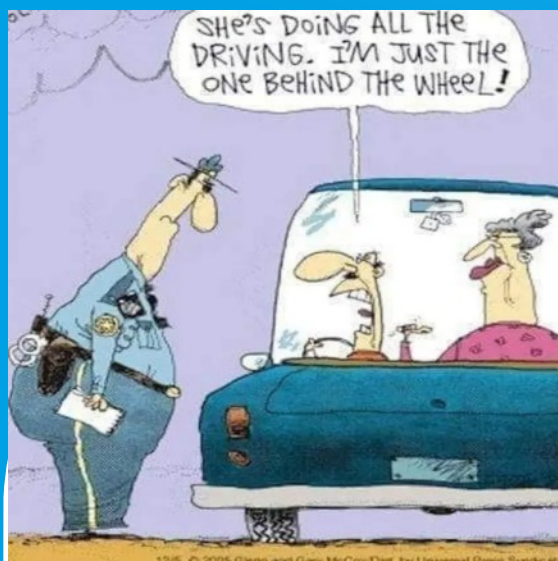


BRAIN TEASER OF THE MONTH

A woman shoots her husband. Then she holds him underwater for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

Answer below.

Have a laugh



What is Acupuncture?

Acupuncture has been part of traditional Chinese medicine (TCM) for thousands of years. It involves inserting fine needles into specific points on the skin or applying various other techniques to the acupuncture points to restore balance and encourage the body to heal itself.

Scientific trials around the world have found that when acupuncture is performed by a skilled practitioner, it is a safe and useful treatment for many different disorders.

Interestingly it has recently been thought that the concept of Acupuncture started in the caveman era. Archeologists researching caves in many countries have found small stones with sharp edges and blood on the tips.

In Africa many tribal witch doctors still use a technique called scarification using sharp tools like razor blades. These are used to make small cuts in the skin where the pain is to "bleed the angry spirits" out of the body to relieve the pain.

Many of these marks correlate with many Acupuncture points and thus it is assumed this concept was taken to different parts of the world and Acupuncture was developed. It has been successful in treating many conditions ever since.

Tip of the month

When recovering from any injury it is important to introduce movement as soon as possible in relation to pain. Many people restrict movement in the fear that pain will occur, however, on occasions movement actually helps reduce pain by improving soft tissue flexibility and blood flow. So if your pain allows, try and introduce movement as soon as possible and speed up your recovery.

The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

Answer: