

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Stressed? Suck your finger

There are many ways these days we can deal with stress but one of the best ways is learning to control our breathing and using our diaphragm correctly.

For some this is very difficult especially if we have been breathing poorly for a long time. So one way to restore diaphragmatic breathing is to suck a finger.

What this does is activate the 3rd primal reflex we develop from birth. In the womb our 1st primal reflex is sucking. Because of this we produce saliva and therefore start to swallow, the 2nd primal reflex.

When we are born we begin to breathe and this is the 3rd primal reflex. This is the reflex we can tap into and go back right to our birth day by sucking a finger.

The finger to use is the middle finger nail-up as it will make contact with the roof of the mouth just as a nipple would when we are breast-feeding. Sucking stimulates swallowing which then stimulates breathing and the production of saliva and swallowing produces a natural breathing patten using the diaphragm. Try it and relax.

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WALKING ON WATER

No this is not a Biblical report however everyday we walk on water. This is because all our joints in the legs and most others in the body are what are called Synovial joints.

A Synovial joint is basically made up of 2 bones, a capsule sealing the ends of the bones to form a sterile compartment and then the structural tissues such as ligaments and muscles. The capsule is filled with Synovial fluid which has a few jobs one of which we will be talking about here.

All these structures give the joint integrity as well as flexibility. When we bear weight through our legs or even arms, there is a sequence of events that take place so the joint is not damaged easily by the load.

These events include tensing up of the fibres of the ligaments and the capsule of a joint which increases force towards the

centre of the joint. By doing this the capsule decreases the volume of the joint space, pushing the walls of the capsule inwards and what this does is force the pressure of the Synovial fluid vertically pushing the 2 bony surfaces apart.

So essentially we should never be walking on the actual bones or even the cartilage on the ends of the bones as the fluid acts as a buffer keeping the bones apart.

Added to this the majority of force from load taken through the legs is absorbed by the soft tissues of the body called the Fascial matrix. This ability to absorb and disperse physical stress reduced impact on all joints preventing wear and tear.

So there are 2 things that will help prevent things like Osteoarthritis in joints amongst others, are keeping flexible and drinking water. Maintaining good Synovial fluid levels and keeping ourselves mobile will maintain a good joint space allowing us to walk on water and not on bone.

News update

As of 1 September we will be offering a **Student Rate** for those studying at a Secondary Education institute. The fee matches our Under 18's rate of \$80 for an initial consultation and \$70 for a follow-up consultation. Proof of college ID required.

EXERCISE OF THE MONTH:

Shoulder

Shoulder injuries are becoming very common lately and this may have something to do with the change in lifestyle we are experiencing.

With the advent of the computer and mobile devices we are working in much smaller spaces with very limited movements of our limbs in particular the arms.

With limited movement comes shortening of the soft tissues that surround the joints and muscles. This stiffness limits quality movement and can lead to weakness and injury.

Shoulder pain is often not related to a particular trauma but just general slow progressive tightening which affects tendons and deeper joint structures.

To prevent these patterns developing we need to move more, but this does not mean strengthening, just better quality movement regularly during the day. Reaching out in front, to the side and to the back and up as high as possible are things we can do. But to emphasise this push your hand away from you as you do so, this will help keep a good joint space. Hold these positions for up to 30 seconds.



BRAIN TEASER OF THE MONTH

There is a certain family with both girl and boy children. Each of the boys has the same number of brothers as he has sisters. Each of the girls has twice as many brothers as she has sisters. How many boys and girls are there in this family?

Have a laugh



Tip of the month

Applying ice to an injured area can be a tricky thing, especially knowing how long to apply for. Commonly ice is applied for 20 minutes or so but could this be affecting the healing process? Ice as we know can aid with reduction of pain, swelling and inflammation, however these are natural messages that the brain requires so it can activate the healing process. Personally I prefer to apply ice for 10 seconds ONLY, every 5 minutes or when the skin temperature is back to normal. I feel this allows the blood to flow through and to the injured area, not around it. Try it and see.

Healthy living column

Sitting posture

Sitting on a chair at a desk isn't all that helpful when it comes to fitting in exercise and burning calories.

But it can become a low-level workout if you simply switch your chair for a stability ball. Sitting on a stability ball takes more work than on a chair, firstly because there is no back and thus you must stay sitting straight.

But also, sitting on a stability ball requires more balance, and your abdominal muscles will stay engaged to help maintain the balance necessary to remain on the ball and not fall to the floor.

Though it might not be at the same intensity as a formal gym workout, even sitting on a stability ball provides quite a few benefits, particularly for those who are sitting at a desk all day.

Our trunk and abdominal muscles are designed to keep us upright all day so don't let them get lazy by using the back-rest of a chair, either use a stability ball or sit forward in your chair.

Answer:
Four boys and three girls.