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The difference is obvious

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Pain vs Tenderness

I would like to clear up a small misconception when it comes to pain.

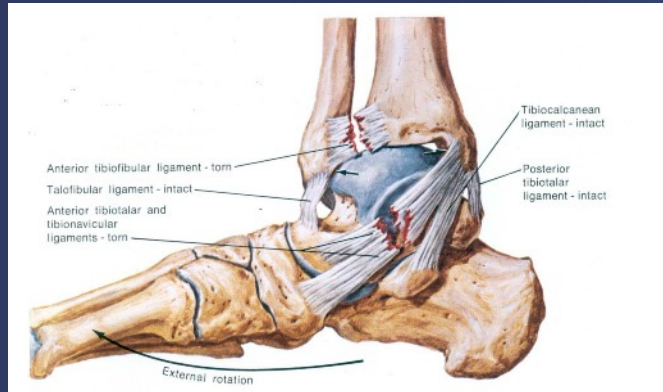
Many people get confused or do not understand the difference between pain and tenderness and it is important to know as it can influence the treatment quite strongly.

By definition, tenderness is pain to the touch, i.e. if you push on a part of the body and it is painful, that is tenderness.

Pain, however can be in a place of the body that is not tender to the touch. This is often due to the fact that pain is commonly in an area that is compensating for the actual source of the problem or is being referred to that area..

So if we treat only the painful area and do not assess for tenderness, the treatment may be incomplete.

Often the tenderness is found at the source of the problem but the pain manifests somewhere else. So treating the tenderness and the painful areas will result in a more complete treatment.



MERRY CHRISTMAS

Peter, Ilza and Sharon would like to wish all our Patients, Doctors and Specialists a very Merry Christmas. We have enjoyed offering you a service we are proud of and we look forward to continuing this in 2015. If you are travelling for your holidays, travel safe otherwise enjoy all the festivities that go with this time of year. Take care and kind regards.

ANKLE SPRAINS:

WHAT HAPPENS NEXT?

For this article we will use the example of a simple strain with no fractures although the procedures are similar.

So you have twisted your ankle and damaged the outer ligaments. What happens in the leg after that with regards how your body reacts?

As the outer calf muscles are suddenly stretched in the injury, they tend to become tight and weak, which then has an effect on the opposite group of muscles up the inner part of the calf behind the shin bone.

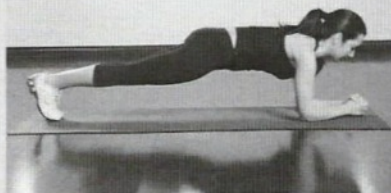
The end result of this is tightness and weakness of the calf muscles, and this leads to a lack of control of the ankle. With a poor bio-mechanical control the ankle will find it difficult to recover fully.

What is also common in ankle injuries is a much farther reaching effect via the muscles and fascia (soft tissues) up the leg and in the majority of cases, weakness of the hip muscles on the same side of the injury is evident.

This weakness puts further stress on the leg and calf to support the hip and thus overuse in the leg and calf muscles, resulting in further tightness and further weakness in the calf and thus more stress on the ankle.

Until the bio-mechanical chain from the hip to the ankle is restored, the ankle will not fully recover, which is why some ankle strains take ages to recover.

The key is early intervention and a thorough assessment from the hips to the ankle, removing any obstacle getting in the way of the ankle healing. Things such as poor blood flow, stiffness and weakness are essential aspects to restore to allow full recovery.



Front plank



Side plank

EXERCISE OF THE MONTH:

THE TIMED PLANK

If you want additional exercises for the abdominals stick with the timed planks which also strengthen the gluteus medius muscles in the hip.

Start with 30 seconds on the front (see pic) then 30 seconds on each side, working up to 90 seconds maximum per set. One set per angle per workout is all that is needed.

Remember, any form of exercise is a stress to the body and requires a recovery period of at least 48 hours, so do this no more than 3 times a week.

(Please note if you have any shoulder pain it is best advised you take care with this exercise.)

Have a laugh



BRAIN TEASER OF THE MONTH

At a recent painting competition, Eileen's rendition of a Constable was not last.

Jenny only just managed to avoid last place and came third.

The lady who painted a Monet was very successful and took first place.

Ada beat the lady who painted the Taylor and the lady who painted the Van Gogh beat Vera.

Can you determine who painted what and who won?

(See bottom of page for answers)

Have another laugh

One Christmas, Joe and Peter built a skating rink in the middle of a field. A shepherd leading his flock decided to take a shortcut across the rink.

The sheep, however, were afraid of the ice and wouldn't cross it. Desperate, the shepherd began tugging them to the other side.

'Look at that,' remarked Peter to Joe, 'That guy is trying to pull the wool over our ice!'



Wishing you all a very
Merry Christmas
And
A Happy New Year

Tip of the month:

If you are buying new shoes, buy them at the end of the day as your feet naturally swell one shoe size during the day. This will prevent you getting shoes that are too tight come the end of the day.

Name Artist
1 Ada Monet
2 Eileen Constable
3 Jenny Van Gogh
4 Vera Taylor

Answers: