

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Muscle fatigue

Suffering from muscle fatigue can be quite nasty and it can feel as if there is nothing that can overcome it.

But what is muscle fatigue actually? It is easy to blame the muscle in this instance and say the muscle needs more exercise, and in some cases this is true.

However, some muscle fatigue is actually a warning of other issues going wrong in the body, mostly to do with the nervous system and blood flow.

Muscle fatigue is often an indicator that the nervous system that controls blood flow rate, the Sympathetic Nervous System, is in a state of fatigue, not the muscle.

If the nervous system is fatigued it will lose control of the tone of the blood vessel walls and this will reduce the rate of blood flow to the muscles, as well as other parts of the body.

This slower blood flow and hence poorer oxygen delivery to muscles will result in fatigue of the muscle but it is not a muscle fault. Treating the muscle would be futile, treating the nervous system is the key.

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News

Just to let you know we will be extending our plan of no initial consultation fees for a new patient during this COVID-19 period and will only be charging standard fees. If you know of anyone who requires our help please let them know we are here for them.

POSTURE

Posture follows changes in the soft tissues like a shadow.

Many people suffer from changes in posture that can result in pain and dysfunction. However trying to adjust posture physically through exercise and manual alterations can be futile, especially if the posture is a result of the soft tissues in the body adapting to certain stress loads.

For example sitting in a chair for long periods can alter the posture of the hips and back causing tightness in the front of the hips which can then affect the back. Trying to stretch the front of the hips will not be very beneficial as the tightness is mostly in the inelastic fascia which cannot be stretched out.

Another typical example is slumping over a computer which not only does the above but can

lead to a slumping of the shoulders and a 'hump back'.

Similarly if you cycle a lot or run a lot you will tend to develop shortness in the front of the hips and back of the knees as these joints do not go through a full range of motion.

In all these instances the posture changes according to the tension in the fascia and is a slow process. So to recover from this it is essential to aim any treatment at the tight fascia and release this tension through Myofascial release techniques as found at Nerang Physiotherapy.

This release restores normal range of motion and allows posture to re-establish normal form. This can then be maintained by gentle daily stretching to prevent tightness occurring again.

You cannot force against tight fascia so for best results look at getting your Myofascial release massage and correct the true causes of bad posture.

EXERCISE OF THE MONTH:

Neck stretch

One of the biggest causes of shoulder issues is a lack of flexibility in the neck, and the most common area of stiffness is the side of the Neck.

Unfortunately it is the area that we use least as far as movement is concerned. We nod and shake our heads but very seldom bend it sideways, ear to shoulder.

Problem is it is this area of tightness that has a direct link to the shoulder and if the side of the neck gets tight, it tends to drag the shoulder up towards the neck.

This results in deactivating some shoulder muscles leading to muscular imbalance. Because of this other shoulder muscles have to compensate and this eventually leads to stiffness and pain in the shoulder and in more chronic cases, rotator cuff issues.

So to try and prevent this happening we need to stretch the sides of the neck regularly to ensure they do not tighten.

This can be done by letting the head drop to one side at the same time as you gently push the hand of the opposite side towards the ground to produce a stretch of the neck. Gently use the other hand to pull your head over further but **ONLY** to the 1st sign of stretch. Hold till the stretch feeling eases and repeat on the other side.

Do this at least once a day.



BRAIN TEASER OF THE MONTH

How can you place a pencil on the floor in such a way that no one can jump over it? Note that this is not a trick question. You are not allowed to place anything on top of the pencil or do anything unusual to the pencil itself. (Answer below)

Have a laugh



Tip of the month

“Do the sing-elet!” One of the biggest mistakes made in climates like we have here is not having enough layers of clothes on to protect against sudden cold temperatures, whether these be natural or man-made (air-conditioning). One easy way to ensure we don't get caught out is to wear a singlet (vest). This gives a second layer of insulation beneath the shirt and can prevent over-cooling of the skin which can result in gastro-enteritis, colds and flu. So get you and especially your kids “Doin’ the sing-elet” and stay healthy.

Healthy living column Health tips for kids:

- Eat breakfast - if you want to: It is not necessarily essential but if you wish to eat breakfast eat fruit that is easy to digest, nothing heavy.
- Choose healthy snacks: it is easy to grab a bag of chips or a cookie when you are peckish but try a piece of fruit or a bit of salad which is better for you.
- Drink lots of water: If you want to be able to concentrate at school or exercise well, water is essential to keep the brain and muscles working well. Soft drinks with lots of sugar only make you energetic for a short time and can cause weight gain.
- Grow your own: Ask your parents if you can grow your own vegetables, it is a great way to see where food comes from and it tastes so much better when you grow it yourself.

Be healthy and be happy.