

NERANG PHYSIOTHERAPY

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The difference is obvious

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Lower Back Pain

A frontal assault

The most common cause of lower back pain is tightness of the soft tissues of the muscles that run across the front of the hip limiting the ability of the hips to extend (go backwards).

This means when we walk we are overusing the lower back muscles and spine to cause hip extension to get a decent stride in. Unfortunately this overuse results in tightening of the lower back and thus pain.

To prevent this, we need to focus on releasing and maintaining the flexibility of the soft tissue in the front of the hips to reduce the load on the spine and back.

At Nerang Physiotherapy we target these tissues regularly to ensure a balance between front and back soft tissues. This is why we are known as the practice that 'treats back pain from the front'.



SLOW AND EASY WINS THE STRETCH

Just like the animals we all need to stretch regularly, however there are so many different methods that we are given these days that it is difficult to know which is best.

One thing we need to clear up immediately is that when we stretch we are NOT stretching muscle directly, but the wrapping around the muscle called the Myofascia. This fascia is partly elastic and partly inelastic and it controls how the muscle functions.

If it is too tight or too loose the muscle will become weak. Keeping the fascia mobile is the key to good function, power and muscle strength.

So what is the best form of stretch for fascia? Well one thing to do is look at your pet dog or cat (or lion). They stretch by activating certain muscles to cause a slow and gentle contraction in one area and a slow

GENERAL NEWS

Have you had pain for more than 24 hours? Are you feeling stiffness anywhere? It sounds like you would benefit from an assessment on your biomechanics to see if there is anything faulty. Book now and prevent future problems.

stretch in the opposite muscles/fascia.

You will also note they stretch the spine first as this is the key to keeping the nervous system in the spine working. If you have kids, watch them in the morning as well, they still instinctively stretch the spine first, then the limbs. These stretches are often accompanied by a yawn.

So one good form of stretching is arching the spine slowly, moving it from side to side slowly and then reaching as far away from you as you can with the arms and legs, as if you are trying to make your limbs longer. If this is done slowly you will feel the 'release' in the fascia eventually.

A good release is often rewarded with a tingly feeling, nature's way of saying 'You did good Son'. Stretch like this throughout the day, after sitting for long periods, driving distances and after sports/exercises.

Regular stretching keeps the blood and nervous systems flowing, gives the muscles the space in which to work and can prevent pain.

EXERCISE OF THE MONTH:

Pelvic Stretch

Lie on your back (bolstering your neck and shoulders as necessary), and prop the inferior (part closer to your legs) part of the pelvis on a bolster or yoga block (you can use a couple of rolled up towels).

The top half of your pelvis should tilt down towards the floor creating a passive hip extension. Don't try to rotate the pelvis, this will defeat the object of a 'release'. Just allow gravity to create this hip extension for you.

Hang out here as long as you like, knowing that even if you get very little movement, gravity is still working to create the forces necessary to signal 'lengthen' to the muscles and soft tissues.

Do this at least once a day to begin a slow and gentle return of good pelvic posture. This is great for those that suffer lower back pain, hip pain or just want to maintain their pelvic tilt.



BRAIN TEASERS OF THE MONTH

If a rooster sits on the border of Kansas and Oklahoma, where would the egg drop?

If lightning strikes an orchestra, who is most likely to get hit?

If folk is spelled Folk how do you spell the white of an egg?

If everyone bought a white car, what would we have?

If the red house is on the right side and if the blue house is on the left side where's the white house?

Golf body

As you have seen many of our common golf shot faults stem from either weakness or stiffness (or both) in the hips.

One of the mistakes that are made when dealing with the weakness is that it is treated with exercise. Unfortunately, the weakness common in these conditions is mostly due to tightness of the fascia (soft tissue) around the muscles and poor blood flow control from the nervous system.

Only once these systems are corrected will the muscles be able to function properly. Strength comes with flexibility, so the key is to maintain good flexibility in the fascia and the muscles can remain strong and effective.

We don't require big muscles to hit the ball far, we require mobility to allow the muscles the space in which to function correctly and powerfully, which in turn will send the ball a long way.

Our approach at Nerang Physiotherapy is successful in regaining this flexibility and strength so you can enjoy your golf.

Have a laugh



Tip of the month:

Struggling to get your toes warm in the cold weather? Finding digestion a bit difficult? Want to breathe easier? Try this great combination of spices to aide all three of these problems and more. Take a half teaspoon of both Cayenne Pepper and Ground Ginger, mix with a small amount of hot water to make a paste, then add a small amount of cold water to cool it down and drink quickly. There will be a bit of a burn but it is short lived. The effects of this combination are amazingly quick and your toes will feel warm in no time, your stomach empty and your airways much clearer. Here's to your health.

Nowhere, because roosters don't lay eggs!
The conductor.
White
A white carnation.
In Washington DC.

Answers: