

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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The hip muscles

Lower back pain, shoulder pain, knee pain, ankle pain, groin pain and many more, all of these can have one thing in common...weakness of the hip muscles.

Yes, the powerhouse that is the pelvis, controlled mostly by the hip muscles can be the cause of pain as far away as the wrist.

It is a bit like building a house, you require solid foundations, the pelvis is the body's foundation. Legs work from it, the upper body rests on it, so any fault in that foundation means any other structure dependent on it can falter, causing pain.

The hip is connected to the shoulder by a muscle called Latisimus Dorsi, so if the hip muscles are weak it can affect the posture of the pelvis and this through this muscles, the function of the shoulder.

The same for the thigh muscles connecting hip to knee, imbalance in hip muscles forces the thigh muscles to work harder, causing knee pain.

So keeping your hips mobile and thus strong is key to preventing many other pains.

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Side strains

Having been watching the Ashes cricket series lately and seeing some of the injuries the cricketers have been picking up made me think of this article to write.

A side strain for a bowler can be career threatening or could put them out of the game for a very long time. It is a nasty pain to have and can really affect your bowling. So how do they happen?

The first thing we need to understand is that the side strain is the end result of other imbalances, it is not the primary and only area involved.

Commonly side strains occur when the side muscles of the trunk have been doing more work than they should due to surrounding muscles not doing what *they* should be.

News

And we're away! Yet another year in our sights and we are hoping this one will be a massive one for everyone. May you enjoy the rest of your holidays and stay safe and healthy. Despite the current situation we are OPEN as normal so please give us a call if you need our help.

So let's look at the mechanism of side strain. Naturally in the bowling action of a right-handed fast bowler, the left side is the one doing a lot of pulling down in the delivery action. As the right foot lands the left arm is above the head and is then pulled downwards to fling the bowling arm forward to deliver the ball.

So it is easy to think it is an over-use type of injury, however, it is often accompanied by weakness in the right hip muscles. The link here is the right hip stabilisers on the side of the hip work together with the left side muscles to stabilise the pelvis when you land on the right leg. If the right hip muscles are weak, it forces the side muscles to work harder to compensate for the hip weakness. This is then going to cause tightening of the side muscles leaving them less flexible and an easy target for strain during the bowling action.

Checking the hip strength is vital.

EXERCISE OF THE MONTH:

De-stress

In these troubled times we will all be feeling a bit more stressed than normal, not knowing what the future holds, how our health will be affected, work issues, et.

To help balance our energies and even out the playing fields in our stress response system, this exercise can be very useful. It is called the Figure-8 exercise.

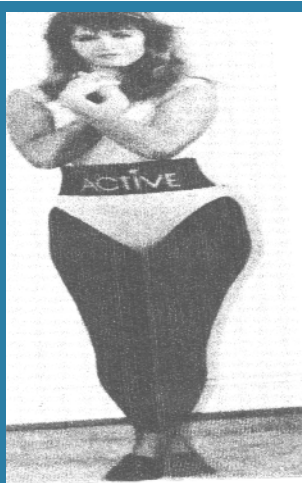
This can be done in sitting or standing.

Cross your left foot over your right foot as in the pic. Now put the back of your hands together, thumbs down palms facing out. Lift the right hand over the left and place the palms facing each other. Now inter-lock your fingers and grip gently.

Now drop your inter-locked hands down and up towards your head, fingers pointing to the chest as you move up into the position shown in the diagram resting your hands on your chest. If you cannot do this for any reason, just leave your arms outstretched on your lap fingers inter-locked.

In this position think about what is stressing you, breathe in through your nose with your tongue up against your pallet and out through your mouth with your tongue relaxed.

Do this for 2 minutes always keeping the stressful thought in your head. Feel better?



BRAIN TEASERS OF THE MONTH

1. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How can this be?

2. A sundial has the fewest moving parts of any timepiece. Which has the most?

(Answers below)

Have a laugh



Tip of the month

“Every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not so good, remember that it will not last forever and better days are on the way” - Bruce Lee

This is beautiful

You don't have to be religious to understand this one...

Good morning and welcome to flight 2022. We are prepared to take off into the new year. Please make sure your Positive Attitude and Gratitude are secured and locked in the upright position.

All self-destruct devices: pity, anger, selfishness, pride and resentment should be turned off at this time. All negativity, hurt and discouragement should be put away.

Should you lose your Positive Attitude under pressure during this flight, reach up and pull down a prayer. Prayers will automatically be activated by Faith. Once your Faith is activated, you can assist other passengers who are of little faith.

There will be NO BAGGAGE allowed on this flight. God, our Captain, has cleared us for take-off. Destination - GREATNESS!

Wishing you a New Year filled with new HOPE and JOY and new BEGINNINGS!

Stay Blessed!

And welcome to 2022!

Answers:
1. The person was born in 2005 BC
2. An hour glass. It has thousands of moving sand particles