

NERANG PHYSIOTHERAPY

Peter Mitchell

The **difference** is obvious

May
2023

Cold hands/feet?

Coming into the cooler months we may experience our peripheries getting colder than normal, but if you already suffer cold hands and/or feet during the warmer months you may need to do something about it.

The main cause of cold hands/feet is the lack of control of the tone of the blood vessels by the Sympathetic nervous system which piggy-backs on the blood vessels essentially controlling the rate of blood flow.

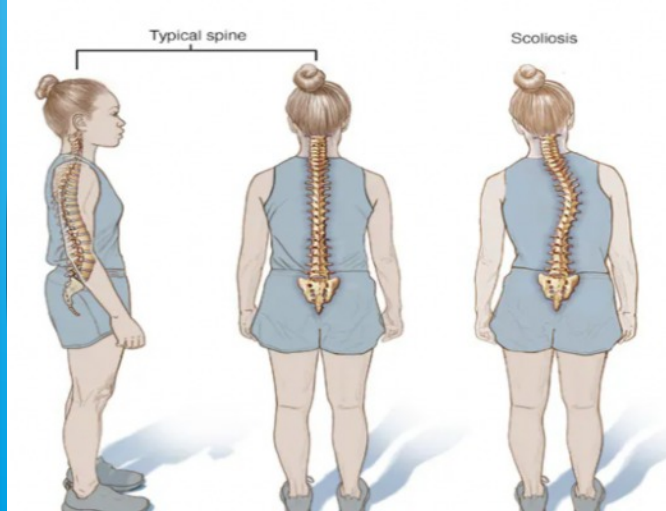
Naturally the hands and feet are the further away from the heart so the nervous system needs to control the rate of flow from the heart to the periphery. If for some reason the nervous system is under-functioning then this will slow the rate of blood flow.

This will often be worse at rest or in colder weather and the way to correct this is to treat the nervous system that controls the blood flow and also by warming up the hands/feet manually and then keeping them warm. Our use of Myo-flow is great in restoring the nervous system.

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Scoliosis

Scoliosis is a sideways curvature of the spine that most often is diagnosed in adolescents. While scoliosis can occur in people with conditions such as cerebral palsy and muscular dystrophy, the cause of most childhood scoliosis is not known.

Most cases of scoliosis are mild, but some curves worsen as children grow. Severe scoliosis can be disabling. An especially serious spinal curve can reduce the amount of space within the chest, making it difficult for the lungs to function properly.

Children who have mild scoliosis are monitored closely, usually with X-rays, to see if the curve is

getting worse. In many cases, no treatment is necessary. Some children may need to wear a brace to stop the curve from worsening. Others may need surgery to straighten more serious curves.

With most scoliosis cases, the spine will rotate or twist in addition to curving side to side. This causes the ribs or muscles on one side of the body to stick out farther than those on the other side.

Go to your health care provider if you notice signs of scoliosis in your child. Mild curves can develop without you or your child knowing it because they appear gradually and usually don't cause pain. Occasionally, teachers, friends and sports teammates are the first to notice a child's scoliosis.

News

So who turned the fridge on. The temperatures have gone down quite suddenly, so please make sure you dress accordingly and not wait till you are cold before putting more clothes on. Apart from that the days are lovely so enjoy a bit of sun to build your vit D3 levels up during winter,

EXERCISE OF THE MONTH:

Myotatic crunch

Contrary to popular beliefs, sit-ups are not very effective exercises for strengthening the abdominals. The most important muscles of the abdominals, i.e. obliques and transversis are not activated much in a normal sit-up.

So for an effective, safe and fast-working abdominal exercise, try the Myotatic Crunch as follows:

Get a Swiss ball (45 - 55cm) to ensure your bum is close to the floor, no more than 6" off the ground.

1. Start with arms stretched overhead as high as possible, keeping your arms behind or next to your ears throughout the entire exercise.

2. Lower your shoulders to the count of 4 seconds until your fingers touch the floor, the entire time attempting to extend your hands further away from the ball.

3. Pause at the bottom for 2 seconds, aiming for maximum elongation.

4. Rise under control to a neutral position and hold for 2 seconds. The arms should not be above horizontal.

5. Repeat 10 times. Once you can repeat 10 repetitions, add weight to your hands. (If female, it is suggested no more than 20Kg of weight be used)

Next month we will discuss the Cat Vomit exercise for the abdominals....I am sure you are looking forward to that one!!!

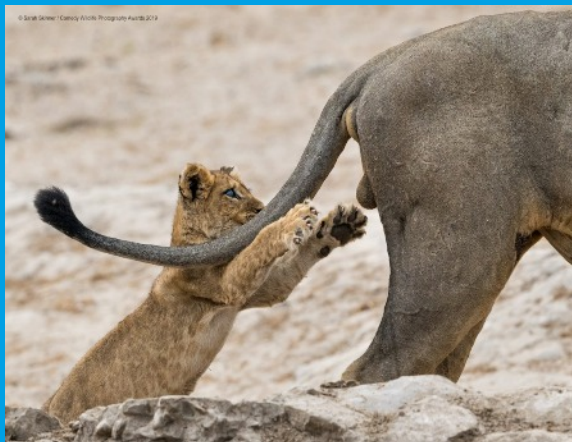


BRAIN TEASER OF THE MONTH

Many shops have prices set just under a round figure, e.g. \$9.99 instead of \$10.00 or \$99.95 instead of \$100.00 . It is assumed that this is done because the price seems lower to the consumer. But this is not the reason the practice started. What was the original reason for this pricing method?

Answers below.

Have a laugh



Wellness Information

Limit sugary drinks:

Sugary drinks like sodas, fruit juices, and sweetened teas are the primary source of added sugar in the American diet. Unfortunately, findings from several studies point to sugar-sweetened beverages increasing risk of heart disease and type 2 diabetes, even in people who are not carrying excess body fat.

Sugar-sweetened beverages are also uniquely harmful for children, as they can contribute not only to obesity in children but also to conditions that usually do not develop until adulthood, like type 2 diabetes, high blood pressure, and non-alcoholic fatty liver disease

Healthier alternatives include:

- water
- unsweetened teas
- sparkling water
- Coffee

Eat nuts and seeds:

Some people avoid nuts because they are high in fat. However, nuts and seeds are incredibly nutritious. They are packed with protein, fiber, and a variety of vitamins and minerals. Nuts may help you lose weight and reduce the risk of developing type 2 diabetes and heart disease. Additionally, one large observational study noted that a low intake of nuts and seeds was potentially linked to an increased risk of death from heart disease, stroke, or type 2 diabetes.

Tips of the month

he concept of total wellness recognizes that our every thought, word, and behaviour affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.

Greg Anderson

Answer:
The practice originated to ensure that the clerk had to open the till and give change for each transaction, thus recording the sale and preventing him from pocketing the bank notes.