

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Why strengthening exercises don't always work

Over the years I have seen many people working very hard at strengthening their bodies and yet they are actually getting poor results.

Strengthening is a common prescription for painful conditions amongst many practitioners, however, there is a concern that this could make matters worse. Why?

Well, most muscle weakness related to painful conditions is NOT due to a lack of use. The 2 most common causes of weakness is poor blood flow to the muscles and tightness of the sheath that wraps around the muscles.

Trying to strengthen muscles like these will be like flogging a tired horse. Increased activity demands further increase in blood flow, but if the nervous system controlling the blood flow is already fatigued, this will add to this fatigue. Exercises also tend towards stiffness which is already a fault.

So not all weakness can be corrected with exercise.

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Piriformis muscle

This is quite a fascinating muscle as it can refer pain to many places and is also different to other hip muscles in that it connects directly from the leg to the spine, where others attach to the hip.

The Piriformis is attached from the back of the femur to the sacrum and turns the leg outward when contracted. It is a very important muscle in walking as it allow the hips to rotate correctly.

It is also vital in many sports such as golf, where hip rotation is a dominant movement.

Pain patterns can vary depending on the type of stress on the

Piriformis, and these include groin pain, pain down the outside of the hip and leg even mimicking sciatica.

Testing for Piriformis issues involves rotating the hip inwards to see if there is any limited movement and strength testing for signs of weakness.

With either test pain can be elicited indicating tightness in the fascia surrounding the muscle. As there are many other muscles in the same area as Piriformis, it is important to ensure all these muscles are working well to reduce the extra load on the Piriformis.

Treatment can include Acupuncture, TENS and Myofascial release which will restore strength and flexibility and alleviate pain

News

Wow, into February already. Hope everyone is staying cool enough. Our new neighbour, the Ayurvedic practitioner is still not operating yet as he is finding it difficult to get anyone to do the flooring in his section of the building, but hopefully this will happen soon.

EXERCISE OF THE MONTH:

High Intensity Interval Training (HIIT)

Following on from Interval training we have HIIT, a bit more for those who really want to make a fast impact on their fitness.

HIIT is an acronym for High-Intensity Interval Training. As the name suggests, HIIT workouts are very intense, and the rest periods are done using strict intervals. To simplify it, a hit workout incorporates full-body, compound exercises, typically bodyweight-only, which are done in short, intense bursts, at nearly one hundred percent of your max effort, followed by short, sometimes active rest.

For example, 20 seconds at max effort doing a full-body exercise like burpees, followed by 10 seconds of rest, and repeat this interval 20 times. That's a HIIT workout.

HIIT workouts can use various work to rest structures, but the work time will rarely go over 30-40 seconds per set, as it is extremely difficult to go all out for more than that, not to mention, maintain that same effort over the length of the workout, which can range from 5-30 minutes (however, generally in the 10-20 minute range).

Please research this further before trying it.



BRAIN TEASERS OF THE MONTH

Fourteen of the kids in the class are girls. Eight of the kids wear blue shirts. Two of the kids are neither girls or wear a blue shirt. If five of the kids are girls who wear blue shirts, how many kids are in the class?

Answer below.

Have a laugh



Tips of the month

Self-control is strength. Calmness is mastery. You have to get to a point where your mood doesn't shift based on the insignificant actions of someone else. Don't allow others to control the direction of your life. Don't allow your emotions to overpower your intelligence
- ANON

Wellness Information

Six types of courage:

1. Physical courage: to keep going with resiliency, balance and awareness
2. Social courage: to be yourself unapologetically
3. Moral courage: doing the right thing even when it is unpopular or uncomfortable
4. Emotional courage: feeling all your emotions (positive & negative) without guilt or attachment
5. Intellectual courage: to learn, unlearn and relearn with an open and flexible mind
6. Spiritual courage: living with purpose and meaning with a heart centred approach towards all life and oneself