

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Incontinence: Another approach

Popular theory of this condition involves activating the pelvic floor muscles and those that stop you going while you are finding your way to the loo.

But what if the muscles that you require are not able to work, not because they don't want to but because they are not being allowed to.

All muscles including those that form the sphincters of the urinal system require a consistent rate of blood flow. Without this they will not be able to contract to the max, and this will lead to incontinence.

So no matter how many pelvic floor exercises you do, it is fruitless unless the muscles have the basics they require.

Our approach at Nerang Physiotherapy is to treat the Sympathetic nervous system that controls the blood flow to all the muscles so they have the back up they require to function maximally.

This approach is unique to this practice.

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## Knee giving way?

Many people suffer from this malady, where out of the blue the knee or knees can give way. So what causes this.

Generally giving way is a means of the body protecting itself as it may sense something inside the joint is not as it should be. So when weight is taken through the leg, the knee automatically bends to prevent the joint surfaces coming close together.

There are certain things that can get in the way of the joint surfaces, commonly small bony pieces, or cartilage could have broken off due to overuse or injury and move into parts of the joint that they should not be in.

On other occasions there could be some poor alignment of the bones due to irregular muscle tension and this can put strain on some pain-sensitive structures also leading to giving way.

Investigations can include x-rays or scans or a physical examination of the hip and knee muscles and soft tissues to see if there are any irregularities which can put strain on the knee.

Treatment generally includes restoration of flexibility and strength of the hip and knee muscles and soft tissues, but in the cases of internal mobile particles, surgery may be required to remove these.

So if you have this condition see your Physio and get an assessment to see what treatment is best for you.

## News

Autumn has arrived and what beautiful weather this normally brings. A reminder we are now open on Saturday mornings from 07h30 till 12h00, so if you struggle to get an appointment during the week we will be happy to see you on Saturday. Keep well.

## EXERCISE OF THE MONTH:

### Kegel Exercises

These exercises won't help you look better, but they do something just as important — strengthen the pelvic floor muscles that support the bladder. Strong pelvic floor muscles can go a long way toward preventing incontinence. While many women are familiar with Kegels, these exercises can benefit men too.

To do a Kegel exercise correctly, squeeze the muscles you would use to prevent yourself from passing urine or gas. Hold the contraction for two or three seconds, then release. Make sure to completely relax your pelvic floor muscles after the contraction. Repeat 10 times. Try to do four to five sets a day. You can also do this in the position shown in the picture, but it is not necessary.

Many of the things we do for fun (and work) count as exercise. Raking the yard counts as physical activity. So does ballroom dancing and playing with your kids or grand kids. As long as you're doing some form of aerobic exercise for at least 30 minutes a day, and you include two days of strength training a week, you can consider yourself an "active" person.



## BRAIN TEASERS OF THE MONTH

**Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?**

**What has cities, but no houses; forests, but no trees; and water, but no fish?**

**Answers below.**

### Have a laugh

**Alcohol!**  
**Because no great story started with someone eating a salad.**

FUNNY SAYINGS - WWW.PUN.JE

## Wellness Information

### Healthy habits

No doubt you've noticed that acquiring a healthy habit can be difficult, so in the beginning, it's important to start small. By implementing a system of continuous small improvements, you will get to the goal you desire.

For instance, if you want to start running to improve your health, rather than going for a 60-minute run (which might be difficult to start with), just start out running for 10 minutes. Instead of aiming for 25 daily pushups, start with five really good ones. Making small, incremental improvements on a daily basis is better and more sustainable than massive action.

In fact, starting small and keeping with it for a year can mean that by getting only one percent better each day for one year (at whatever you're working on) by the end of the year you will be 37 times better at what you're doing! That's a notable improvement.

Master the habit of showing up and doing what you need to do on a consistent basis. The most effective change comes little by little, day by day.

(Excerpt from organixx.com)

### Tips of the month

**If you wouldn't say it to a friend, don't say it to yourself.**

**The body achieves what the mind believes.**

**It's not about being the best. It's about being better than you were yesterday.**