NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Muscle strength

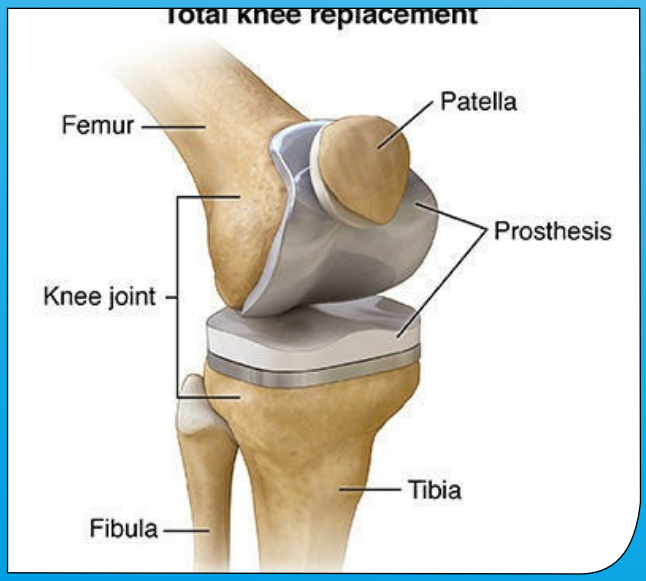
Muscle strength is an interesting subject in mechanical pain. The modern approach amongst Physios is to use a lot of strengthening exercises to try and improve on painful conditions.

Unfortunately this is missing out on 2 of the most common causes of the weakness we experience in mechanical pain conditions.

These 2 factors are altered blood flow rate and tightness of the fascial sheath of the muscles. These are 2 important foundations for muscles working the way they should. Reduce the blood flow rate and muscles immediately become weak. Tighten the fascial sheath around the muscles and it becomes weak instantly.

Exercise will NOT improve the strength of muscles affected by these factors, it will actually cause further weakness and over-compensation of other muscles, aggravation the condition.

At Nerang Physiotherapy we correct both of these issues and strength is restored naturally and instantly without the need for exercise.



News

Our practice will be undergoing some decorative changes over the coming months so hopefully you will be pleased by the alterations we will be making. Already a small change in the reception area has made it seem larger and brighter. Stay tuned for more

TOTAL KNEE REPLACEMENT

Total knee replacements are becoming more common these days and the techniques, equipment and materials are much improved. Yet so many people who have these surgeries suffer for many months afterwards with pain and swelling. So why is this?

One of the most common reasons is that they did not have any Physiotherapy BEFORE surgery. So despite having a brand new knee, all the mechanical stress and dysfunction that led to the knee wearing down are still present.

These include weakness of the hip muscles in the same leg, tightness and weakness of the thigh muscles controlling knee function and even lower down the leg there could be malfunction. So if these were not corrected prior to surgery, they will continue to put undue stress on the knee.

This will result in swelling, pain and dysfunction. It has been shown that treatment prior to surgery shortens recovery time and symptoms are much less.

What we must also realise is that most knee wear is due to hip muscle weakness so the hip muscle fault precedes any knee dysfunction. So treatment to the hip may take longer than treatment to the knee.

What this also means is the knee won't settle until the hip is working normally, as it will release load on the thigh muscles controlling the knee.

So the goal of any management of knee pain whether it requires surgery or not is to stabilise the hip strength through soft tissue work and release any compensatory tension in the thigh and this will have the effect of reducing unnecessary strain on the knee.

Pre-surgical treatment will always result in a better and faster recover post-surgery.

EXERCISE OF THE MONTH:

Movement

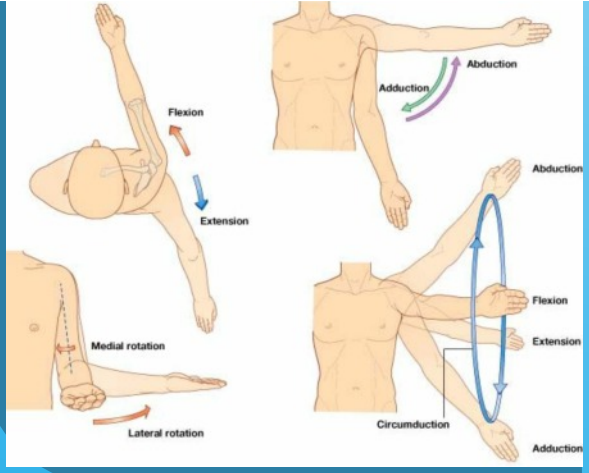
One of our greatest enemies in this modern day is a lack of quality movement. We are so focused on exercise and strength that we forget how to move correctly and in the entire space we have available to us.

Many activities we do are done in limited spaces without full range movements of our limbs or body. This tends towards an adaptive shortening of our soft tissues and an alteration in our posture for the worse.

We can get fooled by exercise because we feel loose and flexible when we are active, however the changes after exercise when the soft tissues adapt to the exercise is one of shortening, not lengthening.

Unless we actively move our body parts into all the space we have around us as the example shows in the diagram of the shoulder, we will slowly lose the range of motion we should have and this can lead to weakness and pain or injury.

Movement is vital for good health in general but we need to use our full range in all directions to achieve this.



BRAIN TEASER OF THE MONTH

A man enters a room and presses a button. Within in seconds he instantly loses 20lbs. How did he lose the weight?

Have a laugh

Healthy living column Health tips:

So you think energy drinks are good to boost energy? Energy drinks contain up to five times more caffeine than coffee, but the boost they provide is fleeting and comes with unpleasant side effects like nervousness, irritability, and rapid heartbeat. Plus, energy drinks often contain high levels of taurine, a central nervous system stimulant, and upwards of 50 grams of sugar per can (that's 13 teaspoons worth!). The sweet stuff spikes blood sugar temporarily, only to crash soon after, leaving you sluggish and foggyheaded—and reaching for another energy drink.

For slow release energy eat something like fruit or nuts which have a lower sugar content and release the sugar slowly thus preventing the sudden rush and drop in energy levels.

It is obvious we are surrounded by so many sugar-loaded foods and drinks so we have to be strong-minded enough to avoid as much as we can as sugar is a killer and needs to be minimised particularly in its processed form.

Tip of the month

Once again we are hearing in the news of the dreaded flu. One way to keep it at bay is to boost your immune system with good wholesome foods and keeping an extra layer of clothing on be it a singlet or a T-shirt under your normal garment. This should especially be emphasised to school-going children as they tend to be susceptible to exposure as they are usually only wearing a single shirt with nothing underneath. Stay warm, stay flu-free.

Answer:
The room that the man enters is an elevator. When he presses the button, the elevator begins to accelerate downward. This acceleration temporarily changes his apparent weight effectively helping him lose 20lbs in seconds.