

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

May
2022

Our treatment approach

In order to treat pain and dysfunction successfully, it is imperative to have a protocol that is tried and tested and is evidence based.

Our initial assessment of 45 min to an hour aims at finding those areas in the body that are not functioning well, even if they are nowhere near the pain. This involves flexibility and strength tests, can also include Applied Kinesiology to assess Acupuncture meridians and Function of the nervous system controlling blood flow.

Treatment will then commence using either Acupuncture or TENS (electrical stimulation) and Myo-flow to boost blood flow. Acupuncture basically causes minute traumas, stimulating a healing process. TENS generally relaxes the muscles and soft tissues. In either event the soft tissues are in a much better state to be able to be manipulated with Myofascial release massage.

All of this will result in an increase in flexibility, strength and blood flow and a reduction in pain.

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News

This year is racing by and for those whose health funds turn over at the end of the financial year, now might be a good time to get a check up to make sure everything is working well and if not you can use your health fund before it turns over.

Chronic Fatigue & and other chronic conditions

This is a subject close to my heart as my Father suffered what was called ME (Myalgic Encephalomyelitis), a chronic condition that affected the brain and spinal nervous system, fatigue levels and muscles.

He reached a point where he was unable to walk up 2 steps before having to rest for 5 minutes, suffered depression and many other symptoms. There was no known treatment at that stage and we had to do our own research to see what we could do to treat his condition.

We realised ME was very similar to Chronic Fatigue in symptoms. Our research led us to a conclusion that Chronic Conditions like these were more about nerve cell fatigue than any muscular or brain issue. We also realised that the cell fatigue was in the Sympathetic Nervous System (SNS) which controls blood flow rate. Once this

system itself becomes fatigued it loses control of the blood flow including its own, so it is stuck in a rut.

This explained symptoms like severe muscle pains, stiffness, brain 'fog', general fatigue, blackouts, depression and many more. This is also why so many medications for the symptoms did not work as they were not restoring the SNS.

This led us to discovering what I now call Myo-flow (cold bottle treatment), as it had a direct effect on the SNS and was able to boost its ability to improve blood flow rate. When we started using this, my Father slowly started to recover from the depths of the condition to near normal 5 years later.

I have recently also had some success with Chronic Fatigue using our frequency generator called Spooky 2. Using specific frequencies researched by many scientist, we can treat Chronic Fatigue with a particular programme which takes just over an hour. Remember, treating chronic conditions takes time but as they say, 'all good things take time'.

EXERCISE OF THE MONTH:

Prone bent knee lift

Another good exercise for the trunk and lower back is this knee/hip exercise to strengthen the hip extensors and ease tension in the hip flexors.

Again hip strength is the key to good lower back and trunk function and is vital in avoiding lower back pain.

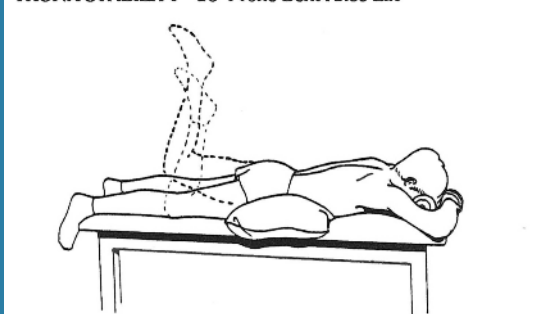
Hip weakness forces the lower back muscles to overcompensate leading to tightness and pain in the lower back.

To do this exercise, lie face down on the floor or a bed with a pillow under your hips to ease tension in the lower back. This also prevents too much arching of the lower back.

Bend one knee to 90 degrees and lift the knee off the bed making sure you do not arch the lower back. Hold this position for 7 seconds, then let the leg down slowly to the floor.

Do the same with the other leg and repeat 10 times per leg. Once you have completed this, lie on your back and bring your knees to your shoulders slowly only using your leg muscles. This is to stretch the muscles you have just strengthened so they do not tighten.

TRUNK STABILITY - 16 Prone Bent Knee Lift



BRAIN TEASERS OF THE MONTH

Jacob would not stop playing video games no matter what his father said. Angry at Jacob's disobedience, the father decided he could fix the problem permanently with a hammer and a little elbow grease. To Jacob's dismay, he could no longer play video games however his father could. What happened? Answer below

Have a laugh



"You'll have to get behind me and push."

What is Spooky 2?

Everything in life revolves around vibration and frequencies. There is no such thing as colour or sound, only vibrational frequencies that we perceive as colour or sound.

This is the case with the human body, it is a matrix of different frequencies, every organ, nerve, blood vessel vibrating at their own specific frequency. Even down to the minutist microbes and bacteria.

So when something goes wrong in the body, it often indicates a disturbance in those frequencies or the frequencies have been affected by outside influences such as electromagnetic radiation from electrical devices such as mobile phones.

Spooky 2 is a device which uses frequencies to treat different disorders in the body, such as inflammation to restore normal function. Many healing frequencies have been discovered over the years, as far back as the 1800's with Nicola Tesla.

Spooky also uses Scalar energy discovered by Tesla, a source of energy that flows freely but never loses its strength. This is the medium through which healing frequencies are transmitted to the body.

Both chronic and acute conditions can be treated with Spooky 2 by using frequency healing.

Tip of the month

"Ever since I was a child I have had this instinctive urge for expansion and growth. To me, the function and duty of a quality human being is the sincere and honest development of one's potential."

Bruce Lee

Answer: The father used the hammer to install a shelf high up on the wall. He then placed the video game console and the controllers up on the shelf out of Jacob's reach.