

NERANG PHYSIOTHERAPY

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The difference is obvious

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THE SIDE STRAIN

With the Cricket now in full swing, it might be a good idea to talk about a common injury in cricketers, especially the bowlers.

However, it seems there is a misunderstanding about how this injury comes about so we will try and shed some light on this. This also affects everyday people.

Side strains are often not all about the side of the body and the muscles related to the trunk. IN most cases the side muscles are overworked not by the bowling action or other stresses on them, but by the fact they are already jeopardised by weak hip muscles on the opposite side of the body.

Weak right hip muscles, for example will increase the work done by the left side and lower back muscles to stabilise the hip, increasing tension there and thus weakening those muscles.

Using those muscles for sport or activity then overloads them and this results in pain and dysfunction of the side. Correction of hip muscle imbalance is the key to long-term recovery.



GENERAL NEWS

Our rebounding class costs have now been reduced to \$12 per session or only \$100 for a block of ten which you can use whenever you like. Enjoy the fun and health benefits of one of the most effective forms of exercise devised by man.

“MONKEY” OR BENDING



One of the major causes of lower back pain is incorrect bending, not utilising our power muscles when we should be, and this puts extra strain on smaller back muscles which then tighten and become painful.

The position known as “monkey” enables us to move with more flexibility in our daily activities. (See pic)

In “monkey” the head goes forwards and up and the knees go forwards and away from the feet to counterbalance the bottom going back over the heels, and enabling the arms to move freely.

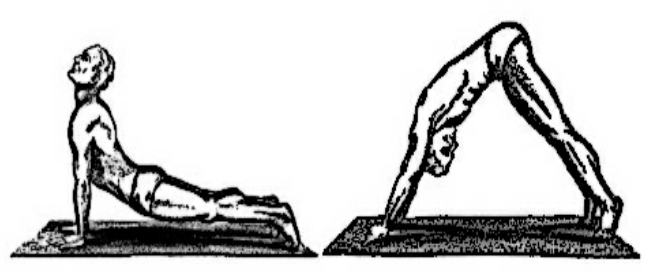
When going into this position do not hold your breath or fix your gaze. Allow the knees to bend slightly with your head, neck and back in alignment, avoiding ‘slumping’ over yourself.

When in the position think of widening and lengthening your back as you widen across the shoulder girdle, to allow free movements of your arms.

This movement is helpful in lifting things off the floor, getting in and out of chairs, ironing, and participating in sports such as skiing and golf. Use your body correctly, save your back and do the “monkey”.

EXERCISE OF THE MONTH:

TIBETAN NO. 5



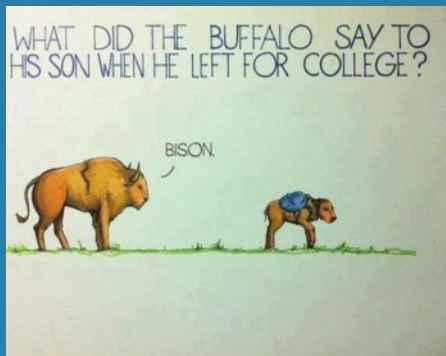
Begin this exercise by supporting yourself on the palms of your hands the balls of your feet. Arms and legs about 2 feet apart, with your head up and back. Keeping your arms and legs straight, inhale through the nose as you raise your buttocks and tuck your chin into your chest, bringing your body into a perfect triangle.

Exhale through your mouth as you swing back down to the start position keeping your trunk and hips off the ground.

Repeat the entire motion 21 times in a smooth, unbroken rhythm.

Upon finishing, stand with your feet together and hands on hips. Take 2 full deep breaths in through the nose and exhale through the mouth with your lips pursed in an "O".

Have a laugh



BRAIN TEASERS OF THE MONTH

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. Before Mt. Everest was discovered, what was the highest mountain in the world?
3. How much dirt is there in a hole that measures two feet by three feet by four feet?
4. In British Columbia you cannot take a picture of a man with a wooden leg. Why not?
5. What word in the English language is always spelled incorrectly?

Living off yesterday's food?

The old adage that we require a big breakfast to get us through the day might need to take a back seat. What those that make this remark forget is that the body is designed to take in food and produce energy. We are not a machine that requires constant fuel to keep it going.

One just has to imagine being out in the bush where food is not as abundant as it is in suburbia. We would need to conserve energy, eat and rest and hope for another meal soon.

Our system gets most of its energy at night when it is assimilating the food gathered during the previous day, preferably after midday. So when we wake in the morning we have a good storage of energy allowing us to get up and go without the need for breakfast.

The morning time is the time for elimination where the body gets rid of the waste product that has been separated from the energy and other essentials overnight. Breakfast can reduce the ability to eliminate waste and cause digestive problems. So is it necessary?

Mostly it is not, as we can survive off the energy produced from yesterday's food. If we start eating from midday onwards till around 8 PM we will be better off with respect to energy and digestion. This follows the natural cycle of digestion for the human body.

Tip of the month:

Move your way to better health

In our modern world we are so restricted in the space we can move in from an early age in car seats, prams, shoes and even later with exercises limiting our range of motion. If you want to function well and maintain good joint, muscle and soft tissue integrity you need to move your body into positions it seldom gets into. Reach up and behind you with your arms and legs, bend backwards, move your neck sideways (ear to shoulder), squeeze your shoulder blades together, etc. Do these regularly throughout the day and break away from fixed, limited patterns of movement. All this can help maintain movement and good health. Move more, live better.

- Answers:
1. Johnny
 2. Mt Everest, it just wasn't discovered yet...
 3. There is no dirt in a hole
 4. You can't use a wooden leg to take a picture, you need a camera silly...
 5. Incorrectly (unless it is spelt incorrectly!)