

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Left & Right Brain

When it comes to co-ordinated movement, thinking and emotional balance, having an open connection between the 2 sides of the brain is paramount. Many things block this like symmetrical exercises, reading from left to right, dyslexic music, etc.

Movements that clear the passage between the 2 sides can help with general health and well-being.

Though it seems to be a fun, simple exercise, here's what cross-crawl is doing for you physically and mentally:

- Stabilizes your walking gait coordination – builds core strength
- Energizes your body and calms your mind – releases tension and stress
- Improves your eye teaming skills – essential for focus, reading, and writing
- Enhances whole-brain thinking – your left and right hemispheres work together
- Develops proprioception – your spatial and kinesthetic awareness

See our exercise for more.

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The hip bone's connected to the thigh bone...

I am sure you've all heard that song or at least heard OF it. Well the body is basically that, all connected. Yet the connection is not through the joint system because most bones are actually separated from each of the by fluid.

The main mechanism of inter-connectivity in the body is the Fascia, a part of the Connective tissue system, but one that purveys the entire body, penetrating every cell of the body.

This is our REAL connector, keeping things together while separating others, allowing structure to glide on each other and suspending others.

News

Are you looking for a massage?

Gary who used to work at Next to Nature is now doing weekly sessions at Nerang Physiotherapy so please call us if you wish to get a massage and we will hook you up with him.

Fascia is an amazing tissue. It is also ONE piece of tissue with multiple forms, but never separate. It wraps around virtually every structure in the body, whether it be a vein, a nerve, an organ or a muscle, this tissue is the protector of all other systems in the body.

Think of it like the canvas part of a tent, it gives shape to the body while the bones (tent poles) are the spacers. Add in the guy ropes and you have a real stable tent. Without fascia the body will end up a pile of structures and tissue on the floor.

It is also the main tissue that gets into trouble as it takes most of the stress and strain we put on the body. This is why we focus a lot of our attention on the fascia in order to restore function and structure back to the body.

EXERCISE OF THE MONTH:

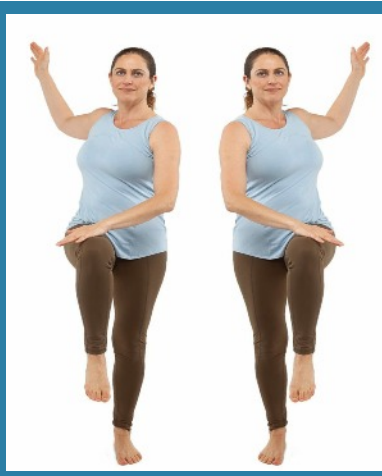
Cross-crawl

Cross crawl exercises refer to movements in which we use opposition such as crawling, walking, running, and swimming. Opposition means that opposite sides of the body work together to coordinate the right arm and left leg, then the left arm and right leg.

Therapeutically, cross crawl refers to any intentional cross-lateral activity in which you cross the midline of the body, such as touching opposite hand and knee or foot.

Performing this movement builds the bridge between the right and left hemispheres of the brain, allowing for electrical impulses and information to pass freely between the two, which is essential for physical coordination as well as cerebral activities, such as learning language, reading, and hand-to-eye coordination.

Try any form of cross-crawl movement, have fun with it, play games with your kids that involves cross-crawl movements, touching opposite knees or feet, touch feet behind you. There are many forms of playful exercises you can use. If you are at a gym, use the ski machines or step machines which involve cross-crawl movements and stay healthy.



BRAIN TEASERS OF THE MONTH

A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?

(Answer below)

Have a laugh

A ham sandwich walks into a bar and orders a beer,

**bartender says
“sorry, we don’t
serve food here.”**

Tips of the month

**Embrace and love your body. It is the most amazing thing you’ll ever own.
Be patient with yourself. Nothing in nature blooms all year.
You are your only limit.
Don’t let your mind bully your body.**

Wellness tips

Your body goes quite a few hours without hydration as you sleep. Drinking a full glass of water in the morning can aid digestion, flush out toxins, enhance skin health and give you an energy boost.

Wake up and do something that inspires you like journaling, walking in nature, or other hobbies. Whether it’s productive or relaxing, beginning your morning on the right foot can cultivate a positive mindset and set the tone for the entire day.

Sleep is just as important as eating healthy and exercising. From improving your productivity and concentration to helping support your overall health, getting the recommended hours of sleep per night can have a major impact on your well-being.

Try the stairs instead of the elevator, take short walks around your office or ride a bike instead of driving. Vigorous exercise is essential but moving throughout the day will keep you energized, as well as benefit your mind and body.

Spending time alone can be extremely beneficial for your mental health. Get to know yourself, figure out what you want and start living your most purposeful life.