

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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Bursitis

This fairly common condition is usually a result of overuse over a long period of time. The bursa is a sack of fluid in a joint area that protects tendons of muscles from being damaged against bone.

The 2 common areas for bursitis are the hip and the shoulder but there are others in the body. The bursitis is inflammation of the bursa and indicates the bursa is under unusual stress, usually by the soft tissues and muscles in the area.

Traditionally the muscle sheath of the muscles crossing over the joint gets tight and this weakens the muscle. This tightness and weakness force the tendons to flatten against the bursa causing it to swell. By doing this it is trying to maintain the space between tendon and bone, so the bursa is just doing its job.

If this pressure continues the bursa will eventually become inflamed and painful. Treating the bursa, therefore, should not be the initial approach but treating the muscles and soft tissues should be, to release the pressure on the bursa letting it settle.

8/5-7 Lavelle Street, Nerang, Queensland, 4211

Tel: 07 5596 4711 | Web: www.nerangphysio.com Email: nerangphysiotherapy@onthenet.com.au



News

We appreciate those who have volunteered for our Spooky treatments. It is still early days but we have seen some positive results but we will know more the more we do. We are still open for more volunteers for free treatments.

Pre-op Physio

In my experience over the past 30 years I have worked with many Orthopaedic surgeons and their patients and I have found that there is in most instances a vastly improved recovery after surgery when some pre-op Physio is done.

Let's take an example of a Total Knee Replacement: Commonly the knee joint becomes arthritic due to excessive mechanical strain on the joint, mostly due to weakness in the hip muscles. This weakness forces the thigh muscles to overcompensate to stabilise the pelvis and this then puts unnecessary strain on the knee. Over time this results in poor mechanics of the knee joint and damage to the internal structures.

If surgery is contemplated and these weaknesses are not corrected then they will still be there after surgery and will continue to put strain on the knee.

The problem is that most hip weakness is NOT due to a lack of exercise. The most common causes are poor blood flow control by the Sympathetic nervous system and tight muscle fascia.

These cannot be corrected by exercise, thus post-op exercise programmes will not be effective. These can be corrected with techniques we have at Nerang Physiotherapy, thus restoring strength and flexibility BEFORE surgery and improving recovery time AFTER surgery.

EXERCISE OF THE MONTH:

Trunk stabiliser 3

Continuing our series on trunk stability, here is another exercise using isometric contractions.

Isometric contractions are when a muscle is contracted against a resistance with no movement of the limb or joint. This is quite easy to achieve yourself using your own legs or arms to resist another part of the body.

For this exercise, lie on your back and bend both knees, feet on the floor. Now lift one knee towards your head to about 90 degrees and place the hand of the same side against your thigh just above your knee.

Now pull your knee upwards and resist with your hand so the knee does not move but you can feel the tension in the muscles of the thigh and hip working. Hold this for 7 seconds and then relax, letting the foot go to the ground again.

Repeat this 5 times on each leg. After this exercise is important to do a hip extension stretch or lunge stretch on both sides to ensure good flexibility of the hip flexors in front of the hip.

This can be done every other day to maintain good trunk stability.



BRAIN TEASER OF THE MONTH

A woman has incontrovertible proof in court that her husband was murdered by her sister. Both the woman and her sister are before the Judge. The judge declares, "This is the strangest case I've ever seen. Though it's a cut-and-dried case, this woman before me cannot be punished." How can this possibly be? (Answer below)

Have a laugh

**THAT MINI HEART ATTACK
WHEN YOU MISS A STEP
ON THE
STAIRS.**



Tip of the month

Stay hydrated. Many people complain of cramps, and one of the reasons for this is dehydration. During the day it is common to drink certain liquids that dehydrate us, mostly those that contain caffeine, such as coffee, tea and Colas. Another one will be alcohol. Unfortunately these are all diuretics, making us lose water. To maintain a good level of hydration which the body and brain require to survive, we need to reduce those diuretic drinks and drink more purified water, up to 3 litres a day. Wake up and drink a litre in the first hour of waking and then top up during the day.

What is Kinesiology?

Kinesiology is the scientific study of human body movement. Kinesiology addresses Physiological, Anatomical, Biomechanical, and Neuropsychological Principles and Mechanisms of Movement.

Applications of kinesiology to human health include biomechanics and orthopedics; strength and conditioning; sport psychology; motor control; skill acquisition and motor learning; methods of rehabilitation, such as physical and occupational therapy; and sport and exercise physiology.

Studies of human and animal motion include measures from motion tracking systems, electrophysiology of muscle and brain activity, various methods for monitoring physiological function, and other behavioral and cognitive research techniques.

We use Applied Kinesiology at Nerang Physiotherapy to assess muscular weakness and imbalance as well as assessing which Acupuncture Meridians are faulty. It is an accurate form of assessment as the muscles never lie.