

NERANG PHYSIOTHERAPY

Physiotherapy for the whole family

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Rebound 2 Health

Welcome to Nerang Physiotherapy's new and exciting exercise classes, proven to be 68% more physiologically beneficial than running on a treadmill.

2 Minutes of Rebound 2 Health is worth 6 minutes running, 10 minutes swimming and 22 minutes walking.

Low-impact, high return exercises mean you **do less to get more**. You will not be out of puff or be soaked in sweat, but you will get all the benefits of exercise and more!

This is a whole-body exercise as each individual cell in your body is affected and stress loads are shared throughout the body not in isolated areas as with other exercise types.

The use of acceleration and deceleration forces producing G forces throughout the body 'shakes' the cells of the body, re-oxygenating them as well as assisting in flushing the lymph system, both vital in preventing disease and maintaining good health.

Many medical conditions can be assisted by Rebound 2 Health as it boosts immunity through increased white cell count and better circulatory function.

Don't wait book now and boost your health and fitness the easy way. 5596 4711



GENERAL NEWS

Nerang Physiotherapy is proud to announce the launch of **Rebound 2 Health**, our general health and fitness programme using the Rebounder trampolines scientifically proven to be one of the best exercises yet devised by man. Suitable for ALL ages and with minimal impact on the joints and physiology but with huge health benefits, this exercise programme is great for those who want to do less to get more. And above all it is FUN. Call now to book your class.

MUSCLE STRENGTH: IS THE TRUE CAUSE BEING TREATED?

Have you ever been prescribed an exercise programme to assist with the treatment of your pain or for rehabilitation only to find yourself feeling worse rather than better?

Unfortunately this is not an uncommon occurrence. In my years treating patients who have this dilemma, I have found common denominators which are not being addressed, factors which will prevent the muscles benefiting from the exercises.

So what is missing and why is it not being addressed? Well, quite frankly there is a lack of understanding of the true reasons for most muscle weakness associated with pain and dysfunction, or post-surgical procedures.

Functional test often used to assess weakness can be useful, but despite showing signs of weakness, these tests cannot indicate the cause. So, unfortunately, the diagnosis is bracketed under the same cause, i.e. lack of exercise.

With this diagnosis, exercises are started in the hope that this will strengthen the muscles and restore function. However, it

fails to address two other more common reasons for weakness, which once addressed will see muscle strength return WITHOUT the need for exercise!

The 2 factors are poor blood flow to the muscles and tightness of the sheath around the muscle. These are common in overuse, injury or trauma, including surgery. Exercising muscles in this state is paramount to flogging a tired horse. The best thing to do is take the horse out of the field, feed it, let it drink and rest and then put it back in the field where it will work as normal, without the need for flogging.

Neither of these causes of weakness will respond positively to exercise, in most cases making it worse, so the only way to truly restore natural strength to the muscles is to treat these two factors. Once this is achieved, muscles will automatically work and exercise is in most cases unnecessary. Give the muscles the basics and they will perform.

At Nerang Physiotherapy our goal is to restore strength through restoration of good blood flow and space for muscles to operate in, and once this is established, muscles will function as normal without the need for exercise. Exercise classes can then be introduced to enhance these effects.

EXERCISE OF THE MONTH:

SITTING FLOOR

This exercise is great for aligning the body from top to bottom, linking shoulders, hips, knees and ankles. (See picture right)

Sit against a wall with your legs straight out in front of you. Squeeze your shoulder blades together, and hold. Do not elevate your shoulders.

Tighten the thighs and flex the feet up towards you, toes pointing up and back. Keep your arms at your sides or relaxed atop your thighs.

Hold this posture for four to six minutes to establish this link between the different body parts. This is great for lower back pain, neck pain,

Have a laugh

There where two snakes talking. The 1st one said "Sidney, are we the type of snakes who wrap ourselves around our prey and squeeze and crush until they're dead? Or are we the type of snake who ambush our prey and bite them and they are poisoned?" Then the second Snake says, "Why do you ask?" The 1st one replies: "I just bit my lip!"



BRAIN TEASERS OF THE MONTH

1. A young guy who has just started learning to drive went down a one way street but didn't break the law. Why?
2. How can you make the number seven even?
3. If it takes 3 people to dig a hole, how many does it take to dig half a hole?
4. What English word retains the same pronunciation, even after you take away four of its five letters?

WHAT IS MYO-FLOW?

This amazing treatment technique is based on work done by Dr Frederick Erdman and is aimed at restoring the function of the specialised nervous system called The Sympathetic Nervous System.

This system controls all the automatic functions of the body, e.g. goose bumps, perspiration, heart rate and gut function. It also controls the blood flow rate by controlling the tone of all the blood vessels.

Good blood flow rate is the cornerstone of good health and is vital in recovery from pain, injury and dysfunction. Without good blood flow rate recovery is incomplete.

Unfortunately it is a little-known aspect in pain conditions and thus usually goes un-treated, however at Nerang Physiotherapy we have the means to treat this nervous system and improve blood flow rate to maximise your recovery and keep you pain-free into the future.

Better blood flow = better health

Law of facilitation

"After a nerve impulse has traversed a pathway through a certain set of nerves, it will tend to travel on that same path."

This explains the tendency to have an old pain pattern return even when there is no current injury in that area. Just like a certain smell causes a recall of old memories, so an environment that you have previously been in before when you were in pain, can invoke a pain pattern again even without any obvious stressor/trauma. Suppressing these old memory patterns can be achieved making it more difficult for them to surface in the future.

Tip of the month:

When driving try to keep your legs as parallel as you can to the door. Letting the knees roll outwards can cause shortening of some hip muscles leading to back pain or hip pain. Safe journey.

1. Because he was walking! 2. Simply by removing the "s" 3. One cannot dig half hole; a hole is a hole, irrespective of the size! 4. Queue