

NERANG PHYSIOTHERAPY

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The difference is obvious

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AC Joint Injury

Otherwise known as a 'Separated shoulder', the Acromio-clavicular joint injury in the shoulder is commonly a traumatic injury seen in contact sports, skiing, or from falls onto outstretched arms.

There are many degrees of strain from minor ligament strain to complete tear of all ligaments involved.

The obvious sign of a separated shoulder is the apparent 'dropping' of the shoulder, however, it is the collar bone that has moved up due to the lack of ligament attachment.

Painful movements resisted include keeping the arm into the side and lifting it forwards. It is often tender over the front of the shoulder.

If non-surgical treatment is advised then treating the shoulder and neck as a combination is essential as they interact together. Increasing flexibility in the soft tissues of the shoulder and neck assists in improving muscle strength and joint range.

Strengthening can be introduced later and altogether it could take anywhere between 3 and 6 months to recover.



GOLFER'S ELBOW

This condition occurs on the opposite side of the elbow to Tennis Elbow. The symptoms are very similar just in a different area.

This condition can occur from both an acute strain as in chopping wood or using a sledgehammer or even from hitting a golf ball out of the tough rough.

It can also occur as a result of muscle imbalance in the shoulder. This imbalance results in the upper arm muscles having to compensate for weakness of the shoulder muscles and in turn once they become tired and weak, the forearm muscles have to do more work.

The leads to tightening of the forearm muscles and can end in either Tennis or Golfer's elbow. In golf it will be more commonly in the right arm for right-handed golfers as this is the arm which uses the particular forearm

muscles that attach to the inside of the elbow on the downswing.

If the injury was not acute then it will come from overuse where maybe too much golf was being played or someone may practice too much causing soft tissue tension to build. This tension occurs in the sheath of the muscles thus increasing the tension on the tendons that insert into the bone on the inside of the elbow.

This increased tension results in inflammation of the tendon called Tendonitis. This area becomes tender, hot and can even swell. Anti-inflammatories can assist in recovery but full recovery will only occur if the tension in the soft tissues is released.

Treatment at Nerang Physiotherapy will include techniques such as Myo-flow to maximise blood flow to the injured area, Acupuncture or TENS and Myo-fascial release massage. This will decrease stress on the tendon attachments and reduce pain and inflammation.

News update

Unfortunately Toby Lord will be leaving us soon as he has another venture awaiting him. We would like to thank him for all his help with the Exercise Physiology. We will still have the services of Joel Wearn for this purpose.

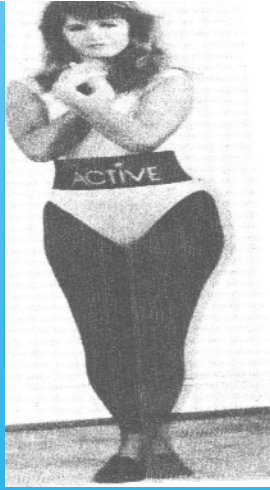
EXERCISE OF THE MONTH:

Figure of Eight

If you are right-handed cross the left ankle over the right (for golfers you can do this on the tee). Then with straight arms put the back of your hands together. Lift the right hand over the left and face the palms together. Gently clasp the fingers together and bring the hands up and under to rest on the chest (see pic).

Breathe deeply and comfortably, touching the tongue on the roof of the mouth on each inhalation and relaxing the tongue on exhalation. Do this for a minute or two or until you feel relaxed. Untwist your hands and feet and stand flat footed with fingertips touching and continue to breathe as described above.

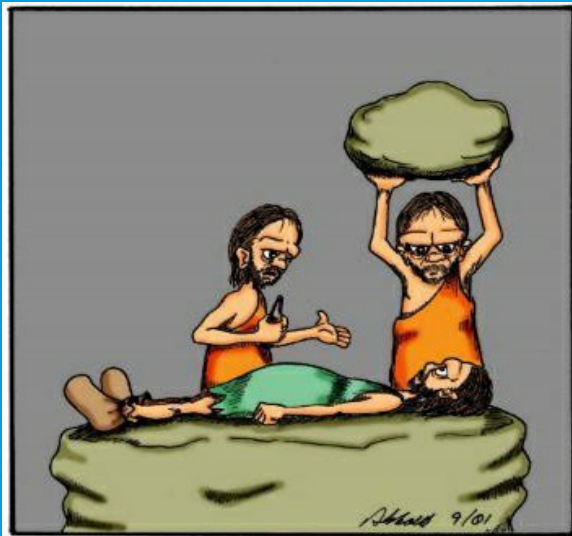
These exercises created by Wayne Cook, an expert in electromagnetic energy, help to harmonize the body and mind and can be used to release emotional stress, thereby enhancing comfort, balance and coordination. Try this at home or on the golf course or in any other stressful situation.



BRAIN TEASER OF THE MONTH

I have no voice, yet I speak to you.
I tell of all things in the world that people do.
I have leaves, but I am not a tree.
I have pages, but I am not a bride.
I have a spine, but I am not a man.
I have hinges, but I am not a door.
I have told you all. I cannot tell you more.
What am I?

Have a laugh



“...and this is Ralph, your anesthesiologist.”

Healthy living column

I told you not to drink cold water

A group of Japanese Doctors confirmed that warm water is 100% effective in resolving some health problems. Such as:

01. Migraine
02. High blood pressure
03. Low blood pressure
04. Pain of joints
05. Sudden increase and decrease of heartbeat
06. Epilepsy
07. Increasing level of cholesterol
08. Cough
09. Bodily discomfort
10. Golu pain (Stomach pain)
11. Asthma
12. Hooping cough
13. Blockage of veins
14. Disease related to Uterus & Urine
15. Stomach problems
16. Poor appetite
17. Also all diseases related to the eyes, ear & throat
18. Headache

HOW TO USE WARM WATER:

Get up early in the morning and drink approximately 4 glasses of warm water when the stomach is empty. You may not be able to make 4 glasses at the beginning but slowly you will.

NOTE: Donot eat anything 45 mins after taking the water.

Try not drink cold drinks at all.

Tip of the month:

With all this very hot weather hitting us at the moment, it is vital that we stay hydrated to prevent heat stroke or exhaustion. Don't be fooled however by sitting in air-conditioned rooms. The aircon can dehydrate you as much as the sun as the cool air causes your body to remove moisture from the skin quite rapidly. So ensure you are drinking at least 2 to 3 litres during the day, trying to get the 1st litre onboard in the first hour after waking.