

# NERANG PHYSIOTHERAPY

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The *difference* is obvious

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## Hip pain

This is a quite a common pain and there are many pundits telling us how to fix it.

One thing that is often over-looked is the actual starting point of a condition like this especially one which occurs without a traumatic incident.

So if you wake up one day and your hip is sore then this means there has been some change taking place in reaction to some form of stress or overuse prior to the pain coming on.

This could be from exercise or from sitting too long on a regular basis, or driving too much, etc. The end result is that we put a lot more demand on the sympathetic nervous system which controls the blood flow than it can cope with.

This leads to fatigue of the nervous system and slower blood flow, which in turn causes weakness and tightness in the hip muscles.

This forces other hip muscles to work harder to compensate and this is where a lot of the pain originates. So we have to look beyond the hip initially to get to the true cause of the problem and work from there.

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## CAN EXERCISE TREAT PAIN?

It is evident these days that there is a very strong push for exercises to be used to treat painful musculo-skeletal conditions, particularly as a first line of attack.

One of the failures of this type of approach is that most muscle weakness that is evident in these types of conditions is NOT from a lack of exercise, but more from some form of overuse.

The most common causes of weakness which can cause pain through over-compensation is a result of poor blood flow rate and tightness of the sheaths of the muscles.

If we have weakness like this then exercise would not be beneficial as it would be like flogging a tired horse. You would be asking muscles to work harder when they do not have the basics with which to function.

## News

We would like to wish you all a very Merry Christmas and a Happy New year. May 2021 bring health and prosperity to everyone. I get a feeling Santa will be very generous this year. The practice will be closed on the long weekends of Christmas and New Year only.

The other area we can be fooled into thinking exercise is helping with pain relief is when we do feel better from exercising and some pain does ease, however often this is because we have forced the body to compensate which then pushes the stress elsewhere, initially relieving the original painful area.

This could, though, end up in another area being involved thus we are adding to the problem, not eliminating it. Exercise also increases blood flow rate by means of increasing heart rate and muscular assistance of blood flow.

Unfortunately this is short-lived and will return to normal levels after exercise. Where exercise is more beneficial is when the body is working mechanically soundly with good flexibility and normal strength, giving us the foundation on which to build.

For more permanent pain relief restoring blood flow rate and improving flexibility will be the way to go.

## EXERCISE OF THE MONTH:

### Back stretch

Over 85% of the western population suffer from lower back pain and one of the common culprits is the Psoas muscle. This runs from the front sides of the lumbar spine to the front of the large leg bone (femur).

It gets tight due to assuming the sitting position often as we grow. The tighter it gets the more the lumbar curve increases.

To help stretch this muscle and the soft tissue related to it do the following.

Lie face down on the floor or a firm bed and forehead on crossed hands, elbows out. Slowly lift yourself up on your elbows keeping your forearms on the floor/bed.

Stop where you feel the first sense of stretch and hold until this feeling eases. Do this at least once a day.



## BRAIN TEASER OF THE MONTH

David entered a restaurant where a crowd of people were enjoying a meal. When the people saw David they dropped their forks and fled the restaurant. What happened?  
(Answer below)

### Have a laugh



### Tip of the month

Wake up to a good spinal stretch and make your day better. Watch most vertebrate animals and you will see the first thing they do when waking or after a lie down is stretch the spine. This enables blood to flow through the spinal and spinal nervous system, feeding the nerve cells the blood flow they require to function well, including driving blood through the rest of the body. So lie on your back and arch your spine with a good breath in and relax as you breathe out. Natural works for us all.

## Myo-flow

Exclusive to Nerang Physiotherapy, Myo-flow, a nickname given to a fantastic treatment does what no other treatment does, restores the function of our Autonomic Nervous System in a unique way.

Often over-looked in treatments, the Autonomic Nervous System (ANS) is in control of all our automatic systems, like breathing, heart beat, gut function and most importantly blood flow rate.

This system is very commonly involved in most of our muscular aches and pains that we experience and require treatment for.

However, without Myo-flow treatments for pain are incomplete and recovery may not be full. This could lead to a return of the pain, worsening of the pain or continued on/off patterns of pain.

In sport it could also lead to injury through weakness and stiffness forcing the body to over-compensate and resulting in injury.

Treating the nervous system is vital in attaining full recovery and Myo-flow is the treatment of choice for this. No treatment is complete without Myo-flow.

Answer: David was the name of a reticulated python who escaped from the local zoo and found himself entering a crowded restaurant.