

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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My experience with Myo-flow

In 1997, I was suffering from many symptoms, including bloat, gut pain, irritable leg syndrome, lower back pain, heartburn with referred pain into the left side of my chest.

When my Father and I discovered the work done by Dr Frederick Erdman, we studied the information and started working out how it all worked. After a couple of years we had narrowed it down to the use of Kinesiology to test the body, and then the cold and hot treatment I now call Myo-flow.

To improve the function of the nervous system I was using cold in a couple of areas of my spine and heat in another couple of areas. The end result of this was to boost the blood flow rate to my upper and lower body parts, tone up the valves of the stomach and small intestine to allow better flow of gas and food and reduce bloat.

It took about 8 months before I was getting more pain with treatment than less and this indicated the nervous system had recovered. I now have very few of those symptoms. Myo-flow was the difference.

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News

If it's been a while since you were last here take advantage of our FREE check-up just in case there are some hidden issues that may flare up at a later stage. Early intervention can prevent painful episodes from occurring. Call us now.

Recurring injuries

It is not uncommon in the sporting world to hear of even top professionals having recurring injuries. It can lead some to reaching a point where they just want to quit playing.

So why do injuries occur over and over? Is there something in their makeup that makes them more susceptible to injury? Are they missing some basic strength or flexibility that makes them vulnerable?

All of these I guess could be true, but there might be a more fundamental issue that keeps these injuries returning. When you look at the treatment of sporting injuries it is quite common that only the soft tissue, muscle and

joint issues are treated, very few people look at the most important underlying cause of a lot of injuries and also the underlying reason why injuries reoccur, and that is the control of the blood flow.

I am sure by now you have read many articles talking about this, but it is a very vital part of any recovery from injury. If any treatment does not assess the condition of blood flow rate, then it is a bit like building a house on sand. Blood flow is the foundation on which all other functions are set.

This is why no matter how good a treatment and recovery may seem, the foundation is not set and the same pattern of injury can occur. This is why we treat the blood flow rate always.

EXERCISE OF THE MONTH:

Prone bent knee lift

The hips are very important to trunk stability and lower back mobility, especially the rotation of the hips.

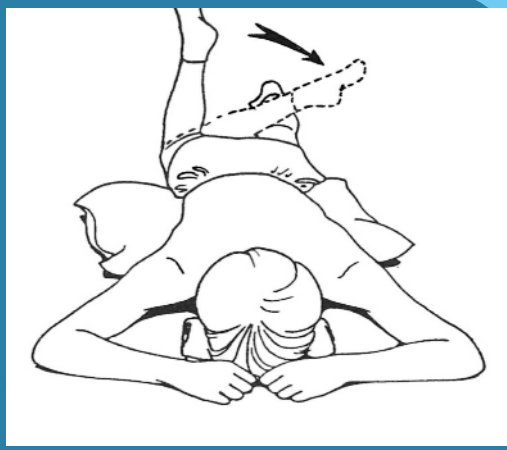
There are also many sports that rely on hip rotation for top performance, such as golf, tennis, squash, baseball, etc. If the hips don't rotate correctly then the body is forced to use other body parts to get the action required and this usually ends in pain or injury.

Try this to assist in maintaining good hip rotation. Lie on your stomach on a thin pillow. Bend one knee to 90 degrees, then move the leg inwards towards the other straight leg.

Hold the end position for about 10 seconds or until you feel any tension easing in the hip. Return to the starting position.

Repeat this 5 times on each leg. Then do the opposite movement moving the leg outwards to the end point and hold again for 10 seconds.

This will help prevent the lower back muscles from being used to compensate for stiff hip muscles.



BRAIN TEASERS OF THE MONTH

Several voices were heard coming from the other room. There was a lot of commotion however when the room was checked there was only one person inside. This person's not crazy, so what's going on?

(Answer below)

Have a laugh



Tips of the month

The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.

You are what you eat, so don't be fast, cheap, easy or fake.

Create healthy habits, not restrictions.

Winter blues

With all the rain we have been having recently and thus very little sun, it might be a good idea to stock up on some supplements to counter what is termed the 'winter blues'.

Having lived in England for nearly 10 years, I know what this means, many weeks of cloud and very little sun certainly did not make one feel good and mild states of depression are not uncommon in these situations.

What we did in England was top up on Vitamin D3, preferably in spray form or liquid although capsules are not too bad, but it is down to the absorption rate. Tablets only have an absorption rate of 5%, which means you very little for your buck.

We would also use daylight globes that mimic the sunshine so they shine white light, not yellow. This made a big difference even during my wife's second pregnancy.

So stock up on Vit's D3, Zinc, C, drink some tonic water for the quinine, try some Echinacea to boost the immune system, keep warm and avoid those chilly winds. All this can beat the common cold, flu and even CV19.

Stay healthy.