

# PETER MITCHELL

## Nerang Physiotherapy

The difference is obvious

Feb

2015

Unit 8/5-7 Lavelle Street, Address Line 2, Address Line 3, Nerang

Tel: (07) 5596 4711 | Fax: (07) 5596 7986

Web: [www.nerangphysio.com](http://www.nerangphysio.com) Email: [nerangphysiotherapy@onthenet.com.au](mailto:nerangphysiotherapy@onthenet.com.au)

**Chronic Fatigue Syndrome, Fibromyalgia, M.E. and similar conditions are more common now than they were in the past. So what is behind this increase and what causes it?**

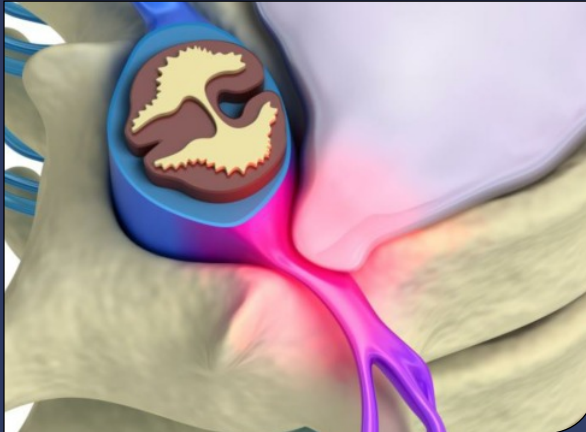
Having had a father who suffered for at least 10 years with M.E. (Yuppie flu) I have a first hand insight into this difficult condition. There was no known treatment and very little known about the causes back then.

What our own research showed and what improved my father's health was the discovery of the underlying fatigue of the Autonomic nervous system.

Part of this system, the Sympathetic nervous system controls the rate of blood flow in the body and a major cause of the symptoms of M.E. etc. is a lack of good oxygen supply around the body.

This results in muscle pain, weakness, body fatigue, depression, anxiety and many others and we found by treating this system and improving blood flow rate, many of these symptoms eased.

This approach is available exclusively at Nerang Physiotherapy.



## PRACTICE NEWS

Hi everyone. We are happy to announce a new member to our team, Mike Luca, a Podiatrist with a special interest in sports and sports orthotics. He will be starting with us in mid-February so stay tuned...

## PROLAPSED DISC: SCIATICA

It is commonly thought that a disc prolapse or bulging disc is a one-off incident usually caused by a lifting and twisting incident.

However, the way the body is designed to absorb stress and strain indicates this is less likely the cause. It is more accurate to say the disc prolapse is the end result of a longer-term slow decrease in the space between the vertebrae.

This compromised space is due to increase in tightness of the soft tissues supporting the spine and imbalanced pull of the muscles of the spine. Yet this is often a result of hip muscle weakness which puts increased work on the back muscles to maintain a level pelvis.

Overuse by muscles results in tightening of the sheath (fascia) around the muscle, as well as the surrounding fascia and the spine becomes the victim of this reduced space.

Somewhat of a myth is the saying that the bulge can be 'sucked back in' if the correct spinal movements are done, however the centre of the disc is no longer gel after the age of 8 and actually disintegrates when compressed.

Our approach to treating these conditions aims to increase the natural hip strength and back flexibility, thus decreasing the vertical strain on the spine and relieving the pressure on the discs.

This can be done using treatments including Acupuncture, Myofascial release massage, Spinal mobilisations and Traction. Spinal back braces can also be used to support the back. In severe cases surgery may be necessary.

## EXERCISE OF THE MONTH:

### CAT - COW

This exercise is great for the mobility of your spine and back muscles. Done daily it can prevent a lot of back pain and stiffness so common in modern life.

Start on all fours head in neutral (1). Slowly push your back and spine upwards the way a cat stretches, bending the head down and breathing in fully.

Next, breathe out and arch your back and spine in the shape of a cow's back lifting your head as you do so. Return to neutral and repeat the whole routine 5 times.

A good time to do this is first thing in the morning to increase blood flow to the nervous system in the spine.

Just like the animals do, the spine is the first area stretched on waking as the spinal area contains the nervous system that controls blood flow to the body.

So stretch the spine first, then stretch the neck, arms and legs going in as many directions as possible in the 360 degrees around you. Stretch by feel not time.



## BRAIN TEASER OF THE MONTH

In this teaser, you have to find the odd ones out in the groups of words. BUT WAIT! There's a catch. Each group of words has TWO words which do not belong. Can you find them both?

### EXAMPLE:

Lily - Jane - Tulip - Rose  
Jane does not belong as it's the only one which is not a flower.  
Tulip also does not belong because it's the only one which is not a girl's name.  
You're on your own for the rest!

1. Dodge - Ford - Lincoln - Hoover
2. King - Earl - Knight - Bishop
3. Yellow - Green - Dead - Black

## Have another laugh

Where whitefella went wrong!

A ninety year old aboriginal elder sat in his humpy eyeing two government officials sent to interview him.

One official said to him: "You have observed the white man for 90 years. You have seen his wars and his technological advances.

You have seen his progress and the damage he has done."

The elder nodded in agreement.

The official continued: "Considering all these events, in your opinion, where did the whitefella go wrong?"

The elder stared at the two government officials for over a minute and then he calmly replied:

"When whitefella found the land, blackfellas were running it:

No taxes,  
No debt,  
Plenty kangaroo,  
Plenty fish,  
Women did all the work,  
Medicine man free,  
Aboriginal man spent all day hunting and fishing,  
All night having sex."

Then the elder leaned back and smiled: "Only whitefella bloody stupid enough to think he could improve a system like that."

### Tip of the month:

Balance your food intake between carbohydrates and proteins in the ratio of 70% carbohydrates (not high in GI) and 30% proteins and also 70% alkaline-forming foods and 30% acid-forming foods. See the following websites for in depth details of the foods you should be having:

<http://www.rense.com/1.mpicons/acidalka.htm>

<http://www.mendosa.com/gilists.htm>

Answers:  
1. Hoover does not belong as it's the only one which is not a car manufacturer. Dodge does not belong as it's the only one which is not the last name of a President of USA.  
2. Bishop does not belong as it's the only one which is not a class of nobility. Earl does not belong as it's the only one which is not a Chess piece.  
3. Dead does not belong as it's the only one which is not a colour. Green does not belong as it's the only one which is not the name of a sea.