

# NERANG PHYSIOTHERAPY

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**The difference is obvious**

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## Myo-flow

This technique which is unique to Nerang Physiotherapy is an amazing way of giving the body a boost of blood flow that it requires to relieve pain and dysfunction.

Myo-flow works by increasing the blood flow to the specialised nervous system that controls the blood vessel tone and therefore the rate of blood flowing in the body.

The heart does less than 50% of the work necessary to get blood moving to all parts of the body, the rest is done by the blood vessels themselves controlled by the nervous system.

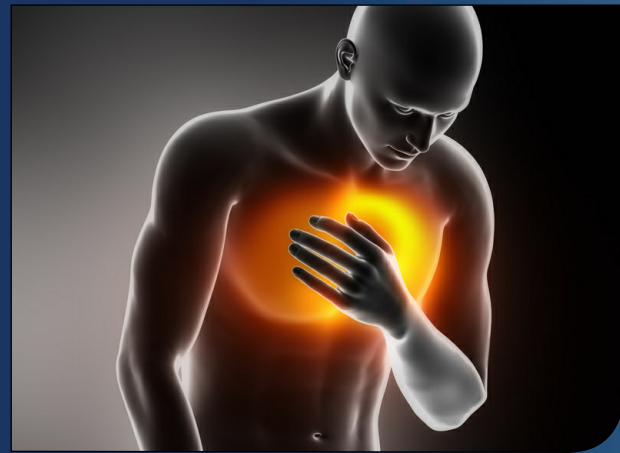
When this nervous system fails, either from trauma, overuse or illness, it cannot control the blood flow well enough, including to itself, thus it gets stuck in a rut.

To correct this, blood flow must be improved to the nervous system first before it can deliver blood flow to other affected parts. This is what Myo-flow does.

The technique is simple, easy to do at home but highly effective and exclusive to Nerang Physiotherapy.

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## Chest pain

One of the trickiest pains to treat is chest pain that does not emanate from the chest. Patients will often complain of not having injured the chest or done anything to cause the pain.

Commonly chest pain that is obviously not a heart problem, stems from the back and radiates around the body to the chest. Some chest pain, however, can have some strange origins.

For instance it is possible to get chest pains from gas in the stomach. This pain resembles angina some times and can be quite harsh. This is due to the pressure the stomach exerts on the diaphragm above it and this can refer pain to the chest and even the arm.

## GENERAL NEWS

Do you still have Physiotherapy benefits left on your health fund. Remember most benefits run out on December 31<sup>st</sup> and don't roll over. Make the most of your health benefits and come and see us and stay healthy.

Relief from this pain could be as simple as a burp, releasing the gas from the stomach.

Pain that originates from a back issue refer pain to the chest via the nerves running along the ribs. The origin is usually tightness of the back muscles and soft tissues, limited movement of the joints of the spine (facet joints) and sometimes bulging discs.

Most of these problems can be treated with Physiotherapy, but the tightness is often caused by other muscular imbalance, such as weak hips or shoulders that force the back muscles to compensate and thus become tight.

So if you ever suffer from chest pain, get to your GP first to ensure it is not your heart and then come and see us and we will restore the correct function of whatever is causing your pain relieve your chest pain for good.

## EXERCISE OF THE MONTH:

### Back extension

One of the biggest causes of back pain in the Western world is the chair. Our bodies are designed to squat not to sit half way into a squat.

What this does is slowly shorten certain soft tissues in the body in front of the hips and behind the knees. This over a period of time will alter our posture and result in lower back pain, neck pain and more.

To treat and/or prevent this happening lie on your stomach on the floor or your bed. Slowly push up on your elbows. If at this stage you feel a tightness or a stretch in the lower back, stop there and hold that position for 3 minutes breathing deeply all the time.

If your back is more flexible, push up onto your hands and straighten your elbows. Remain in this position for 3 minutes breathing deeply.

You should feel a nice slow release of the tension in the lower back as time goes on. Do this at least once a day.

If you have children, encourage them to do this too as they do sit a lot these days at school and in cars and busses, etc. Better to prevent than cure.



## BRAIN TEASERS OF THE MONTH

Lateral thinking puzzles are great for the brain and make you think outside the box. Try this one for size. The nice thing about these puzzles is there could always be more than one answer.

*A man is returning from Switzerland by train. If he had been in a non-smoking car he would have died. (Answer below)*

### Have a laugh



## Could these be caused by dehydration?

The following is taken from a wonderful book by Dr F Batmanghelidj, called 'Water & Salt, Your healers from within'.

1. *Feeling tired without plausible reason?* Water is the main source of energy formation in the body. Even the food we eat has no value to the body until it is hydrolysed by water and energised in the process. Furthermore, the energy source for neurotransmission and for the operational directives that get things done is hydroelectricity, which is formed in the nerve pathways and their connection to the muscles and joints of the body.

2. *Very short attention span?* This is another disengagement process for the brain that needs energy to focus on a topic or a learning process. The more hydrated the brain, the more energy it can manufacture to imprint new information in its memory banks. Attention deficit disorder in children is possibly similarly produced by dehydration when children choose sodas as their preferred drinks.

**Stay hydrated, stay alive!**

### Tip of the month:

If you take supplements it is always a good idea to take a day or two break, keeping the intake irregular. This ensures the body still gets what it can from your food. If it senses all the nutrients are available from supplements it may not absorb naturally from food.

The man used to be blind -- he's returning from an eye operation which restored his sight. He spent all his money on the operation, so when the train (which had no internal lighting) goes through a tunnel, he thinks he's gone blind again and decides to kill himself. But before he could do it, he saw the light of the cigarettes people were smoking and realized he could still see.

Answer: