

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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Knee pain

Today we will talk about pain on the inside of the knee.

Most of the time this pain starts with no obvious trauma to the knee. It develops slowly and can be quite severe.

The origin of this pain is mostly in the hip where the hip muscles have become weak for whatever reason and this has forced the thigh muscles to have to over-compensate to stabilise the pelvis.

This overuse includes the muscle that form the thick band of tissue down the outside of the leg called the ITB. This band's lower attachment is to the large leg bone just below the knee and when it gets tense due to over-working, it will pull the lower leg bone outwards, turning the toes out.

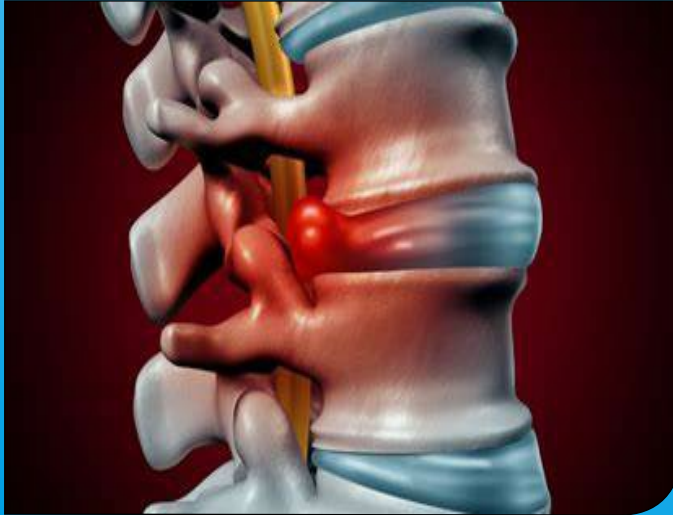
This then means the inside of the joint is being shoved inwards whenever you walk, putting strain on the ligaments on the inside of the knee joint. This is where most pain comes from.

Treatment must include restoring hip strength and releasing thigh muscle tension.

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News

Our refer a friend special continues. If you refer someone to us and they complete their first treatment you get 50% off your next standard treatment. For those not paying their own way we have other offers so speak to our receptionists. Thanks.

Pinched nerves

Many pains we experience in our lives are often described as pinched nerves, however the majority will not be.

Our nervous system is actually very well designed and is very well protected. Even as the nerves exit the spinal column they are kept safe by the connective tissues around them.

The hole through which they exit is also big enough that even if the disc should collapse completely, the nerve will still have enough space so as not to be damaged or compressed.

There are other areas where nerves can be pinched, such as in between muscles, especially in the buttocks and in between bones as in the foot between the toes.

As for diagnosis, it must be made clear that the pain that is

present is coming from nerves, as pain which often 'feels' like nerve pain is actually coming from the soft tissues of the body.

When pain refers down a leg or an arm it is often mis-diagnosed as nerve pain, yet the majority of cases involve the soft tissues and these tissues are the structures that refer pain along their length as they traverse up and down the limbs.

Burning pain is another type of pain often associated with nerves, yet again this is more so soft tissue strain/tension.

Nerve pain tends to also be more constant, whereas soft tissue pain can be constant or intermittent. It will usually be painful with movement, but due to poor blood flow can also be sore at rest.

Nerve pain from a pinched nerve will be the same no matter what position you assume, where soft tissue pain can vary with movement.

EXERCISE OF THE MONTH:

Hip Flexion 2

With this exercise, it is important to remember to do a stretch in the opposite direction to ensure we do not get too tight across the front of the hips.

Again this is an isometric muscle contraction, where no movement takes place just a muscle contraction.

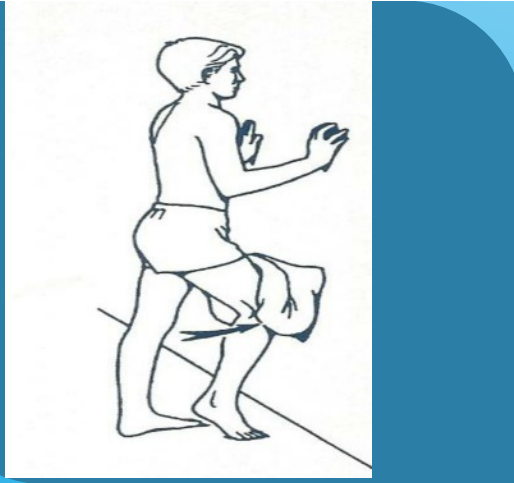
Always when doing any exercises, if there is any pain at all whether it be in your knee, hip or lower back, STOP immediately.

Stand facing a wall and use a pillow or cushion between the knee you are going to move forward and the wall. Support yourself with your hands against the wall.

Now slowly push your knee into the pillow/cushion until it stops moving then hold this tension for 7 seconds. At this stage release the tension slightly for a few seconds then push again for another 7 seconds.

Repeat this 5 times on each leg. Afterwards either do a gentle lunge forward on each side or lift your leg up behind you to stretch the front hip flexor muscles and soft tissue.

Do this once a day with the other exercises, or on its own at any time.



BRAIN TEASER OF THE MONTH

Joshua was trapped in a room. He saw 3 doors there. The first door leads to an acid gas that can melt a human's body. The second door contains many traps and unseen lasers that can cut a body. And the third door contains 5 robots that were programmed to kill humans. What is the safest room? (Answer below)

Have a laugh



Tip of the month

Choosing the correct shoes can be quite an issue. Wearing them is quite another. There are a few rules that you can adhere to when doing this. It is preferable to buy your shoes in the afternoon as your feet naturally swell one shoe size during the day. Also it might be worth getting a pair of shoes a half size bigger than normal to ensure your feet get to do enough moving of their own and are not trapped by the shoes. The best way to wear your shoes is to have the laces loosely tied, just enough to allow walking without the shoe flying off but also loose enough for foot movements. Shoes should not support your feet unless you suffer a known foot condition.

What is Kinesiology?

In order to get feedback from the body as to where a problem may have originated, the use of Kinesiology is very useful.

In our case it is Applied Kinesiology. This is a form of testing using the muscle's strength which will give us a good idea as to where there may be weakness.

This is important as weakness is often a cause of pain as it forces the body to compensate with other, often smaller, muscles thus putting strain on these pain-sensitive structures.

The other application of Applied Kinesiology, is to use muscle stress tests to get accurate information from the body, whether it is verbal or physical. We can access information about body structural imbalances and also whether Acupuncture meridians are out of tune.

It is a very accurate test as the muscles do not lie and the feedback is instantaneous. Once we have the feedback we can then choose the correct avenue of treatment for that particular condition.