

NERANG PHYSIOTHERAPY

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The *difference* is obvious

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The ITB

The iliotibial band (ITB) is a thick band of fascia formed proximally at the hip by the fascia of the gluteus maximus, gluteus medius and tensor fasciae latae muscles. Its main functions are pelvic stabilisation and posture control.[2]

The ITB runs along the lateral thigh and serves as an important structure involved in lower extremity motion.

There are multiple clinical conditions that can present secondary to a spectrum of ITB dysfunction eg external snapping hip syndrome, ITB syndrome.

Due to the ITB's insertion on Gerdy's tubercle, it actually has no bony attachment along the femur. Therefore, it has the tendency to shift anterior/posterior (front to back) as your knee flexes and extends.

The ITB can also be responsible for lower back issues, and even neck stiffness. Treating the ITB tension is vital in lower back pain problems as it stabilises the hip/lower back complex. A healthy ITB leads to a healthy lower body system.

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News

Happy New Year to everyone, we certainly hope this year will be full of lovely surprises and good will. Get yourself off to a flying start and get your body in good shape. We are grateful to be here to help you improve your general health and well-being. Take care.

Hip joint pain

Your hip is a very stable and strong joint.

It's known as a ball-and-socket joint. This is because the top of the thigh bone is shaped like a ball. This 'ball' sits inside a hollow socket in your pelvis.

Ball-and-socket joints give the most movement of all the different types of joints in the body.

The hip joint is held together by a covering of muscles which are secured to the bones by strong cords called tendons.

These muscles and tendons form a capsule around the joint and

support its movements. They help move the joint, supporting your leg and upper body movement.

Inside the capsule is the synovium, which lubricates the joint with synovial fluid and keeps the cartilage healthy. The cartilage sits between the bones of your hip joint to stop them rubbing together and reduces any impact when you walk or move your hip.

With all this support, it is unusual for the hip to become dislocated, even after a high-impact injury.

Joint pain, therefore is commonly going to be more from the structures that surround the joint becoming stressed rather than from within the joint, such as arthritis. This makes it important to assess all of these structures and restore their function to reduce pain.

EXERCISE OF THE MONTH:

General fitness

Interval training.

Why it's a winner: Interval training boosts your fitness levels and burns more calories to help you lose weight. The basic idea is to vary the intensity within your workout, instead of going at a steady pace.

How to: Whether you walk, run, dance, or do another cardio exercise, push up the pace for a minute or two. Then back off for 2 to 4 minutes. How long your interval should last depends on the length of your workout and how much recovery time you need. A trainer can fine-tune the pacing. Repeat the intervals throughout your workout.

Why it's a winner: Squats work several muscle groups -- your quadriceps ("quads"), hamstrings, and gluteals ("glutes") -- at the same time.

How to: Keep your feet shoulder-width apart and your back straight. Bend your knees and lower your rear as if you were sitting down in a chair. Your weight should be evenly distributed on 3 points of your feet -- heel, outside ball, inside ball -- that form a triangle. Your knees won't stay in line with your ankles that way, but there will be less strain on other parts of your body.



BRAIN TEASERS OF THE MONTH

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

Answer below.

Have a laugh



Tips of the month

“Let food be thy medicine and medicine be thy food” - Hippocrates

“Comes from a plant, eat it - made in a plant, don't eat it” - Michael Pollan

Wellness Information

Before getting into how you can improve your wellness, it's important to first define what wellness is. Wellness is the physical and mental acts we partake in to gain better mental and physical health. Wellness is important for ensuring we live an enjoyable life as well as a long one, as there's a big difference between surviving and thriving!

Wellness isn't just about incorporating the occasional epsom salt bath into your nightly routine, it's about ensuring that your overall health and mental wellbeing needs are met throughout your life. That goes for ensuring you eat well, get enough sleep, look after your mental health, fill every day with fun activities and ultimately enjoy life.

It's important to remember that wellness is not something to be 'completed'. What we mean by that is that it's not something you can achieve and forget about, it's actually something you should be in pursuit of your entire life. This is important because your wellness journey should follow all the stages of your life.

In a nutshell, it's a journey without a destination, and you should be on it for the rest of your life.

Answer: 1. An apple a day keeps the doctor away.