

NERANG PHYSIOTHERAPY

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The **difference** is obvious

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Trigger finger

This unusual syndrome commonly involves the fingers of the hand but can also include the thumb.

It is indicated by a 'snapping' of a finger from a bent position into a straight position. It can be painful or it can be pain-free.

So what causes it? From my experience the initial problem starts high up the mechanical chain and could even stem from as high up as the shoulder or neck.

It is often associated with overuse of the arms as in working physically regularly. This overuse can put strain on the shoulder and arm resulting in tightness of the soft tissues of the forearm eventually.

These soft tissues wrap around the muscles of the forearm which supply the fingers. Tightness there will increase tension in the tendons of the fingers as they cross over joints in the fingers.

The tension causes the tendons to slide sideways and 'snap' over the bones of the joints, hence the 'trigger' effect. Treatment for this requires examination of all tissues from the neck to the hand and release of the soft tissues to free the tendons.



Can't get to sleep? Waking early in the morning?

These are typical complaints which have a common cause. Trying to fall asleep when the brain is going at the speed of light or pain is making it difficult to settle can be irritating at the least.

Then there are those that wake at between 2 and 4 am with pain or again with an hyperactive brain.

The cause of all this is usually a slowing down of the blood flow rate to the affected areas. If the brain gets less than normal blood flow, it becomes hyperactive. If soft tissue and muscles get less than normal blood flow, they become painful.

GENERAL NEWS

Due to unfortunate family circumstances, Daniel de Souza has remained in Brazil indefinitely. We have thus welcomed Luke del Vecchio into our practice to continue with the Exercise Physiology work. We wish him all the success.

So how does this happen? Well mostly it is due to an under-active Sympathetic Nervous system responsible for controlling blood flow rate, both during activity and at rest. If this is tired or fatigued it loses control of the tone of the blood vessels.

This results in slower than normal blood flow, causing lower oxygen levels. Lower oxygen to the brain forces it to become more active and demand more blood flow, hence we wake, or cannot get to sleep to start with.

At rest/night our blood flow slows anyway so we can rest, however if this drops below normal resting levels, starvation occurs in the affected areas, producing a variety of symptoms.

Treatment for this can be found exclusively at Nerang Physiotherapy in the form of the unique treatment Myo-flow.

EXERCISE OF THE MONTH:

Squatting

As we have developed in the Western world we have forgotten how to use the back correctly. Sitting in chairs, going to the gym have done nothing for our back mobility.

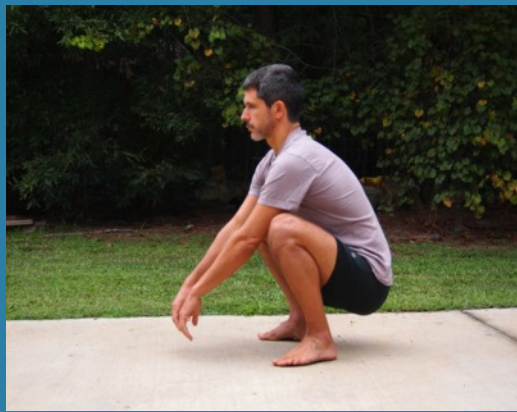
In a more natural setting we would be squatting more, or sitting on the floor which eases back tension and utilises the hips more.

When we squat the lower back is put into a flexed position, a position it cannot assume when standing or sitting. This means it goes through its full range of motion.

So squatting daily can assist in keeping a more mobile spine. To squat correctly it is imperative you have your heels on the ground, squatting on the toes is incorrect. If you are unable to do this then put a book under each heel until you can comfortably squat without feeling like you are going to fall backwards.

Assume this position for up to 5 minutes, but start at around 1 minute, increasing by a minute each week. Give your soft tissues time to release and adapt to the position. If you feel any pain, stop.

If this is done daily it will help keep a healthy back, which is important for a healthy body.



BRAIN TEASER OF THE MONTH

Can you find a 10-letter word that can be typed using only the first row of letters found on the computer keyboard?

(See below for the answer)

Have a laugh



Tip of the month:

Daily use of honey and cinnamon powder in your diet strengthens the immune system and protects the body from bacterial and viral attacks. Constant use of honey strengthens the white blood corpuscles to fight bacterial and viral diseases. In warm water, mix ¼ tsp cinnamon powder with 1 tbsp honey. Drink it on a daily basis. The best powder to get is Ceylon Cinnamon powder, organic if you can.

Typewriter (how ironic)

Answer:

Acupuncture alone may not help

When we are dealing with muscle aches and pains it is often found that Acupuncture on its own is not effective in fixing the problem.

When used alone it may have an effect on the symptoms however it will not have much change on the mechanical imbalances present that are the cause of the pain.

Even in traditional clinics in China, Acupuncture is used in combination with massage and herbs. So the best approach to correcting musculo-skeletal conditions is to combine Acupuncture with soft tissue work of some sort.

At Nerang Physiotherapy this is our approach and combining this with treatment of the circulation has a profound effect on most musculo-skeletal conditions.

When it comes to energy balancing or meridian correction, Acupuncture can be effective when used alone, however mechanical pain requires more than that and hands-on approaches are usually more successful.

So for comprehensive results give us a call and feel the change.