

# NERANG PHYSIOTHERAPY

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**The difference is obvious**

## The neck/jaw link

Like most non-traumatic shoulder problems, jaw pain commonly starts as a neck issue.

When the neck becomes stiff for whatever reason it drags down on the soft tissues that enter the face and jaw area. This can put strain on the jaw muscles as it restricts their space.

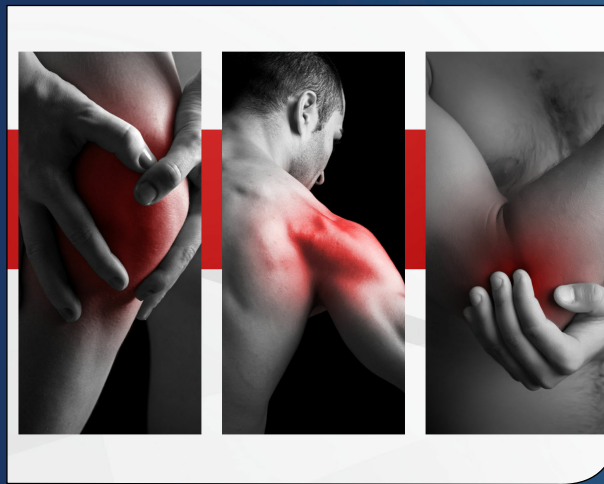
Tightness around the jaw muscles causes them to become weak and this results in the need to compensate with other muscles in the jaw area.

When we have this muscle imbalance it puts strain on the jaw joints and can cause wear and tear and malfunction of the joint and thus joint pain.

Treating the jaw itself without treating the neck will lead to inconclusive results and ongoing symptoms.

At Nerang Physiotherapy we assess the entire system when we treat jaw pain and this can go as far as assessing tension in the calves to get the results we are looking for.

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## Strains, Sprains and muscle tears

During our lifetime we will all experience one of the above, however it is important to understand the difference as the management depends on correct diagnosis.

Most so-called muscle tears are actually not really that at all. Muscles being very elastic have less chance of tearing compared to the mostly inelastic connective tissues such as ligament, tendons and fascial sheaths around the muscles.

Muscles have a very rich blood supply compared to connective tissue, so if they tear there will be a lot of bruising. Connective tissue tears usually have less bleeding but more pain.

## GENERAL NEWS

Congratulations to Janine who won the \$100 cash for her review on google. We appreciate your input and positive words. Any good feedback will help us help more people with their pain and dysfunction.

Most connective tissue is loaded with sensory nerve supply as it acts as a defence mechanism for the body to protect various other structure such as muscles, organs, bone, blood vessels and nerves.

So most of the pain we will experience in our lives will not be due to nerves or joints or muscles, but due to stress to the connective tissues throughout our bodies.

Due to the difference in volume of blood in muscles and connective tissues, recovery of muscle tissue will be quicker than connective tissue, so generally strains and sprains which involve more connective tissue than muscle will recover slower.

It is therefore obvious that correct diagnosis can lead to correct prognosis and treatment.

## EXERCISE OF THE MONTH:

### Walking

I often get asked what is the best exercise and most times I will say walking. The reason for this is simple, we can all do it and it does not stress the body too much.

Scientists have shown that we only need to walk 5 miles (10 Km) a week to stay healthy. This might not seem like much to some but it fits in with the body's own law of 'less is more'.

One of the keys to a good walk is to ensure your stride controls your pace. Many people tend to walk too quickly because they think it will be better, however if you do so you tend to shorten your stride resulting in small range movements of your muscles which can lead to stiffness.

If you maintain a good long stride you use your muscles and soft tissues in a larger range of motion keeping them flexible and allowing for efficient blood flow.

If you require a bit more cardio work, then walk up a hill or 2 in your routine, but again maintain a long stride.

Try also where possible to walk barefoot, maybe on a beach or a sports field to allow your feet to function normally as we have feet designed for uneven surfaces not solid flat ones.



## BRAIN TEASER OF THE MONTH

Rose, Lily and Jasmine decided to buy flowers for their moms on Mother's Day. One of them bought lilies, the other roses, and the third one jasmines.

'It's funny!' said the girl with roses, 'we bought roses, jasmines and lilies, but none of us bought the flowers matching her name'.

'You're right!', said Lily.

What kind of flowers did each of the girls buy?

### Have a laugh



### Tip of the month:

**Walking the dog is for the dog! If you walk your dog on a lead, please remember this will benefit the dog more than you as you will be unable to swing your arms when you walk which can actually cause dyslexic tendencies in the muscles. This is due to the lack of communication between left and right brain as the one arm is not countering the movement of the opposite leg. Walk without the dog for *your* benefit.**

Rose bought lilies, Lily bought jasmines and Jasmine - roses. By the condition, the girl, who bought the roses isn't Rose. She's not Lily either, because Lily answered to that girl. So, the roses were bought by Jasmine, and thus lilies were bought by Rose and jasmines by Lily.

## Prevention is better than cure

It is safe to say that many of our muscular ailments can be prevented if only we knew what signs to look for.

There is another way we can prevent pain and dysfunction that arises from non-traumatic causes - regular biomechanical assessments.

Whether you are in pain or not your muscles and soft tissues will be able to tell a story no symptoms can. Stiffness and weakness are the pre-cursors to pain and if assessed early enough and treated can prevent pain from occurring.

At Nerang Physiotherapy we use Applied Kinesiology, a form of muscle testing to get feedback from the body about any mechanical imbalance that can stress the body.

Our bodies are designed to survive as long as possible, so they will not send out distress signals at the first sign of dysfunction, instead they will attempt to restore function as soon as possible. If they cannot then pain will eventually occur.

Regular check-ups whether you are in pain or not can be the most effective way to prevent pain.