

NERANG PHYSIOTHERAPY

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The difference is obvious

Burning feet?

Do you suffer from 'burning feet'? Are your feet **actually** hot to the touch?

Commonly hot feet are actually cold (not always), and it is the sense of heat that can be confusing.

In most cases burning feet is a result of poor blood flow to the legs affecting the feet more due to them being the furthest point from your heart.

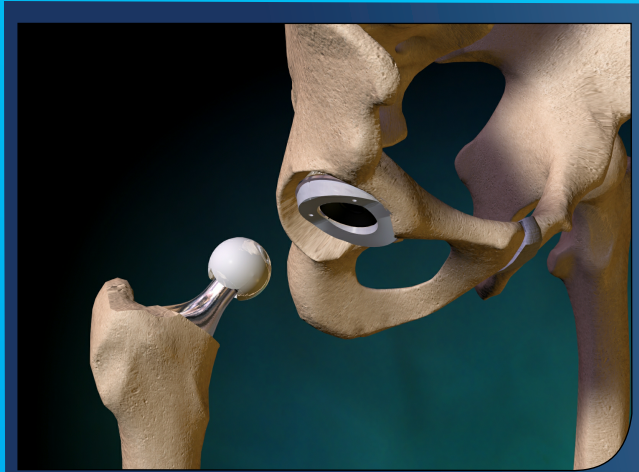
However, it is not the heart's fault but the nervous system that controls the arterial tone and how the arteries pump the blood to the legs.

This nervous system called the Sympathetic Nervous System (SNS) is often fatigued and cannot control the tone of the arteries, thus reducing the flow to the feet.

This reduced flow stresses the nerve in the feet and these nerves send off distress signals interpreted as heat. So what we feel is the body's message to say there is insufficient blood in the feet.

At Nerang Physiotherapy we have a unique treatment for this condition called Myo-flow, exclusive to us, which improves the control of the blood flow and relieves the symptoms.

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Total hip replacements: What to do

If you or someone you know is due for a Total hip replacement (THR) it would certainly be to your benefit to have a Physiotherapy assessment done prior to your surgery.

On many occasions I see people who have already undergone a THR and weeks, months down the line are still struggling to regain strength and function and are often in pain.

I put this down to one main factor, no pre-surgical Physical work done on the hip and surrounding areas. This means that after the surgery, the soft tissue and muscle issues that caused the damage to the hip in the first place, are still present, making it difficult for the body to recover fully.

GENERAL NEWS

Yes another year has passed and how quickly too. We would like to wish all of you a Happy New Year and all the best health and happiness for 2017. We look forward to being able to assist you with your aches and pain so don't hesitate to call.

At Nerang Physiotherapy it is our goal to get you in for Physiotherapy at least 2 weeks prior to surgery to work on all the soft tissue, blood flow and muscular issues that can be improved upon and will therefore speed up recovery after surgery.

Many of the weaknesses found in faulty hips is not from a lack of use, hence post-surgical exercises are not always successful in strengthening muscles. I often see gross weakness in hips after surgery and after all the prescribed exercises.

Most weakness is due to poor blood flow and tight soft tissues which cannot be improved by exercises hence many people still suffer with hip problems even after successful surgery.

So if you or anyone you know is due for a THR get in to see us prior to the surgery and make your recovery a walk in the park.

EXERCISE OF THE MONTH:

Spinal arching

(Excuse the pic, it's the only one I could find...:-))

As part of a waking up process this exercise is great as it fits in with what most vertebrates do after waking (watch your cat or dog)

As our nervous system is in the spine including the part of the nervous system that controls the blood flow, it is vital that the spine gets mobilised first to generate blood flow through the spine and thus through the nervous system.

So lying on your back with your hands by your side, slowly arch your spine starting at the base of your spine. Do this while slowly breathing in from the belly.

As you breathe higher up in the chest, arch the middle of the back and then the neck so, where possible, you are resting on your neck and backside. Do not push up with your hands, the back muscles alone must do the work.

Now breathe out and relax the back so you lay flat on the bed again. You only require one stretch like this. Now do some gentle and slow arm and leg stretches as the blood flow to these will have been activated by the nervous system.



BRAIN TEASER OF THE MONTH

John said to Tim, his older brother, "You are stronger than I am, but I can put something in this wheelbarrow and wheel it to the apple tree that I'll bet you can't wheel back." Tim took the bet and lost.

What was it that John wheeled to the Apple tree?

Have a laugh



Tip of the month:

To sit correctly in an office chair ensure the following:

- Sit in the front half of the chair
- Do NOT use the back-rest, our backs do not require support
- Have your feet flat on the floor, or on a foot rest if you are vertically challenged (how's that for PC)
- NOW set up your desk to suit your sitting position.

Dehydration: A big factor in pain

One of the most common yet least looked at problem in pain is dehydration. Our body is 80% water and the soft tissues which help us move and stay supple are even more than 80% water.

In many cases it is the lack of mobility of the soft tissues that cause pain, as without good mobility our muscles cannot work, joints seize up and we suffer pain.

The key to hydration is drinking clean water as it is the only substance that does not require digestion. Add anything to water, be it tea, coffee, alcohol or any food and you will have to digest this before the water can be accessed.

It will take 6 times longer to get the water this way compared to drinking pure water. Even worse, coffee, caffeine-containing tea and alcohol all dehydrate the body, so they will not be an effective hydration policy.

In our climate we get dehydrated by the heat but also by air-conditioning so don't make the mistake of thinking you are OK in a cool room, you will still be losing water. Drink about 2 to 3 litres of pure water per day. Start the day by drinking 1 litre in the 1st hour of waking and then top up throughout the day. Drink to stay alive.

John took his brother in the wheelbarrow.

Answer: