NERANG PHYSIOTHERAPY

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The difference is obvious

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Muscle Weakness And Pain: Is exercise the answer?

For a lot of us pain is a common daily occurrence and the more we read about pain the more we hear about the use of exercise in pain management.

It is true that weakness frequently associates itself with pain, however this form of weakness very seldom responds to exercise.

The reason for this is that the weakness linked to pain is seldom a result of lack of use of the muscles.

The most common reasons for weakness associated with pain is due to a lack of good blood flow to the muscles and limited space in which the muscles can function.

Generally muscles require three basic foundations to function well, namely an intact central nervous system supply, good blood flow rate and space in which to contract, remove any of these and the muscle will become weak.

GENERAL NEWS

Well it is certainly starting to cool down again so please dress warmly at night and in the morning, wear a second layer under your outer garment and reduce the possibility of colds and flu's. Have a great winter.

The poor blood flow through the muscles is a result of the Sympathetic nervous system, responsible for controlling the tone of the blood vessels and therefore the rate of blood flow, becoming fatigued or injured.

When blood vessel tone alters the rate of blood flow is affected and if the muscles receive less blood than they require to stay strong, weakness occurs.

Limited space around the muscles due to tightness of the soft tissues of the muscle sheath and surrounding tissues will limit the ability of a muscle to contract fully, thus it will lose some of its strength.

Combining these two elements it is easy to see why weakness is such a common occurrence in painful conditions and injuries as stiffness and poor blood flow are almost always found in muscular and soft tissue pain and injury.

So why would exercise not make much difference? Well it is a bit like taking a stick to a tired workhorse. Eventually it will collapse and not work at all!

If we exercise a muscle with poor blood flow and limited space the muscle will not have the basic foundations required to be able to function, as much as it wants to.

Exercise will result in more tightness, more demand on an already fatigued nervous system and even force the body to compensate with other muscles thus increasing muscle overuse. Ironically this compensation can ease symptoms to a degree fooling us into thinking the exercises are working, but it will eventually result in more problems as it is NOT fixing the real causes.

At Nerang Physiotherapy our focus is on increasing blood flow rate and space for the muscles and this results in instant return of muscle strength automatically WITHOUT the need for exercises.

Give us a call and we will show you how it works.

EXERCISE OF THE MONTH:

Balance Buttons

Rest fingers behind ear, just behind the bone behind the ear and just above the indentation where the skull rests over the neck (2 inches from the spine). The other hand rests on the centre of the body around the navel.

Be aware of experiencing a soft full breath. You can also move your head in various directions or explore the environment with your eyes.

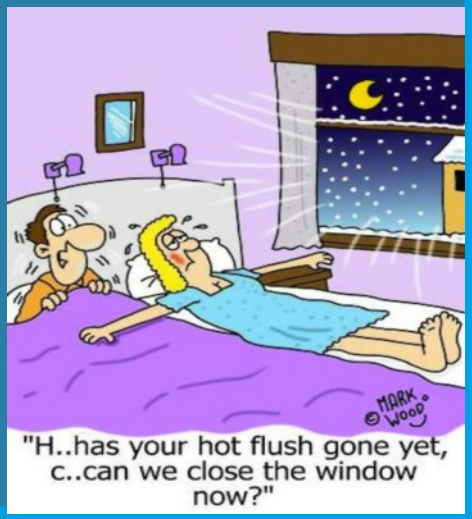
Switch hands and repeat on the opposite side after about 5 good breaths.

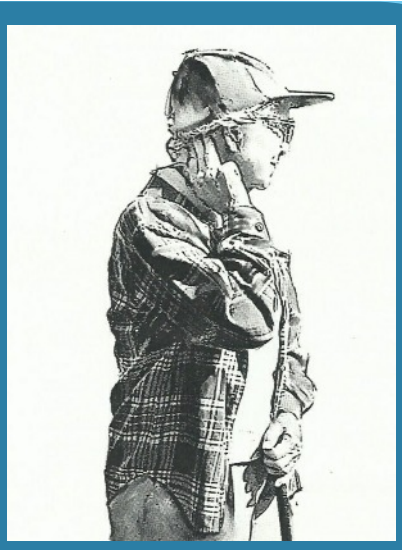
This works because the semicircular canals in the inner ear are responsible for balance. By activating reflex points behind the ear and around the navel, the body is reminded of its state of balance and centre.

As eye and neck muscles relax it is easier to make good judgements and decisions.

This exercise can also be used for car sickness.

Have a laugh





BRAIN TEASERS OF THE MONTH

From the clues below, can you determine the order in which they stood in the ticket cue:

Sam was in front of Sarah. Stuart was behind Sandra and Sally. Sally was in front of Sharon and Steve. Sabrina was behind Stuart, Simon and Steve. Steve was in front of Sabrina, Simon and Shane. Shane was behind Simon, Sharon and Sabrina. Sandra was in front of Sarah. Simon was in front of Sam, Stuart and Sandra. Sarah was in front of Sharon. Sabrina was in front of Sam and Shane. Sarah was behind Sandra, Sally and Sabrina. Stuart was in front of Sarah. Simon was behind Sally.

Golf body

The Reverse Pivot:

This mechanical fault in the swing must be the bane of all Golf teachers as it is a difficult one to correct.

The main reason for this is because it is commonly caused by stiffness in the right hip (for right-handed golfers). This stiffness usually restricts the rotation into the back-swing in the hips.

Because the hips cannot allow a full turn, we try and get the same feeling of a full back-swing by altering other areas which include the following sequence:

- The right knee straightens
- The left knee bends
- The left elbow bends
- The wrists cock more than usual
- The upper body weight moves over to the left

This leaves us in the typical reverse pivot position. Results of this are thin shots, 'piping' and hitting the ball on the head.

To correct this turn your right foot out 45 degrees at address and take a 'normal' back-swing for you.

"Golf is not about courses, equipment or techniques. Golf is about what happens to you when you play"

Tip of the month:

Water or fluids?

Naturally, we wonder why we should drink water and not the taste-pleasing beverages that are now the staples of our modern society. After all they are made of water and quench our thirst - or at least we feel they do. As far as the chemistry of the body is concerned, water and fluids are two different things. Popular beverages contain chemicals that alter the body's chemistry at its nervous system's control centres. The body needs water - NOTHING can substitute for clean purified water.

Hints:

Sally, Steve, Simon, Sandra, Stuart, Sabrina, Sam, Sarah, Sharon, Shane