

# NERANG PHYSIOTHERAPY

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The difference is obvious

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## Groin pain

A common misconception about groin pain is that it originates in the groin. As much as some of it may, this is a very small percentage.

Yes there may be evidence of tendonitis and small tears in the groin, but this is usually due to excessive strain in the area because it is compensating for weakness in other hip muscles.

The most common cause of groin pain originates with the hip abductors. These are the muscles on the outside of the hip that stabilise you when you walk or lift your leg sideways.

When these become weak the adductors (groin muscles) have to work harder to stabilise the pelvis, thus becoming over-worked, tight and painful. Some pain in the groin can be referred from a deeper hip muscle called the Piriformis.

Damage to the groin muscles is the end result but NOT the cause, and if left untreated, the hip abductors will cause a similar pattern again at a later stage.



## GENERAL NEWS

As a thank you for your loyalty, we promise we will NEVER charge you more than one initial consultation fee EVER. Even if you return with a new condition or have not seen us for a long period of time. You will receive a full initial consultation at standard rates. Thanks again.

## TREATING WRIST PAIN FROM THE HIP

Occasionally we have to look much further than just the area of pain to be able to get complete results.

An example of this comes from past experience where a patient with wrist pain had no history of wrist injury. She worked at a desk but did not use the computer a lot. There was no other sign of local overuse.

Investigating this led into a series of muscle tests resulting in the discovery of hip muscle weakness on the same side as the wrist pain.

When this was found, the patient remembered having a history of lower back pain, commonly caused by weak hip muscles. Further investigation showed weakness of the same shoulder muscles, elbow muscles and wrist muscles.

So what is the link here? Well, the pelvis is connected to the shoulder via muscles and soft tissues, and any imbalance in the pelvis or hip muscles can affect the shoulder strength.

Weakness in the shoulder results in overuse of neck and arm muscles to compensate for the weakness, and this can cause tightness and weakness in these areas.

The further the problem continues the further down the arm one has to compensate, until the forearm muscles become overused and the wrist becomes the victim of this change.

So it is important to see that just isolating treatment to the pain area can lead to the real cause being ignored and complications further down the line.

At Nerang Physiotherapy we are renown for looking beyond the obvious and seeking out the TRUE cause of your pain and dysfunction.

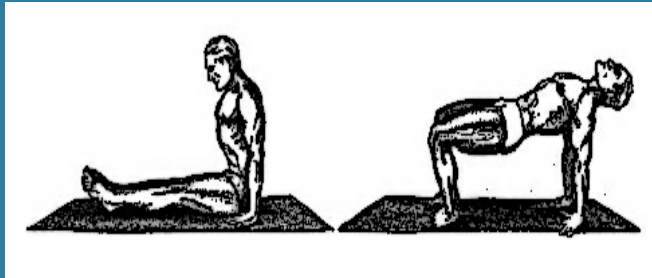
## EXERCISE OF THE MONTH:

### TIBETAN NO. 4

Sit up straight with your legs outstretched in front of you. Place the palms of your hands flat on the floor beside your hips. Positioning of the hands is very important, they must be placed exactly alongside the hips. Tuck your chin into your chest.

Inhaling through the nose, raise your hips as you bend your knees, bringing the soles of your feet flat to the ground and dropping your head all the way back. You will come into a position in which the trunk is parallel to the ground while the arms and legs are perpendicular. Exhale through the mouth as you return to the start position.

Repeat this 21 times in a fluid rhythm. Stand when you are finished, feet together and hands on hips, taking 2 full breaths in through the nose and out through the mouth with pursed lips in an 'O'.



## BRAIN TEASER OF THE MONTH

There are three men in a boat with four cigarettes but no matches. How do they manage to smoke?

What room can no one enter?

What is it that's always coming but never arrives?

When is a man drowned, but still not wet?

Tear one off and scratch my head what was red is black instead.

The eight of us go forth not back to protect our king from a foes attack.

## Coconut Sugar: Enjoy the New Star Among Low Glycemic Sweeteners

Coconut sugar emerges as an environmental and nutritional champion of low glycemic sweeteners. This is promising news for those concerned with health issues such as diabetes, obesity, heart disease, cancer, and gallstones.

Coconut sugar also has a low glycemic index of 35. Low glycemic foods are important to overall health since they do not create rapid spikes in blood glucose levels. Increased blood glucose triggers beta-cells of the pancreas to increase insulin. When insulin production becomes excessive, this can set the stage for diabetes mellitus, hypoglycemia, and insulin resistance.

In this modern era where a wide spectrum of health issues are on the rise, coconut sugar proves to be a delicious, wholesome, and beneficial choice for people and the planet.

So chuck out the 'sweet poison' and start with a healthier choice for you and your family.

## Have a laugh



## Tip of the month:

### A natural anti-inflammatory

Turmeric has been called the most effective nutritional supplement in existence. This root has been widely studied by science for its incredible healing properties. It has very powerful compounds called curcuminoids, the most important of which is curcumin. It has powerful anti-inflammatory effects and is a very strong antioxidant. Curcumin is a bioactive substance that fights inflammation at the molecular level, blocking certain molecules from entering and disrupting proper cellular function.

1. They throw one cigarette overboard and made the boat a cigarette lighter.
2. A mushroom.
3. What is it that's always coming but never arrives?
4. When he's trapped in quicksand.
5. A Match
6. Pawns

Answers: