

# NERANG PHYSIOTHERAPY

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The **difference** is obvious

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## Baker's Cyst

A Baker's cyst, or popliteal cyst, is a fluid-filled lump or swelling behind the knee. It is usually caused by excess fluid that comes from the knee joint.

People with a Baker's cyst might also have arthritis or an injury such as a torn cartilage in their knee.

A doctor can often diagnose a Baker's cyst by examining the knee and shining a torch through the lump to see whether it is filled with fluid. They might order an x-ray to check for arthritis in the knee, which may be causing the problem.

You might also have an ultrasound or MRI scan.

If a child has a painless Baker's cyst, it can usually be left alone. In children, most Baker's cysts disappear eventually without treatment.

Adults can ease any pain from a Baker's cyst with cold packs, or by taking pain-killers or anti-inflammatory medications.

Physiotherapy can assess the causes behind the knee joint stress and correct where necessary.

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## News

With the advent of winter, this is the time to boost your immune system to fight off the winter bugs. We have our Immune Booster offer available of a tub of Turmeric and a tub of Neem Leaf capsules for only \$40. This saves you \$10.50

## I think I slept badly

For many people this is quite a common saying. However, the truth is it is not how badly you slept but other underlying issues that are not functioning well that cause pain and stiffness during or after sleep.

How many people have gone out and bought new pillows or forked out on an expensive mattress, only to find it did not make any difference? This is because a mattress does not alter stiffness in the soft tissues or improve blood flow control.

These are the 2 most common causes of pain and stiffness while we sleep and which is why we feel the symptoms in the morning.

When we are resting or sleeping it is natural for the rate of blood flow to slow to resting levels, as there is less demand on the blood flow. If the nervous system that controls the blood flow rate is already working below par, then the rate of blood flow will slow below resting levels, thus allowing for stiffness to occur.

This lower blood flow can also reduce oxygen levels in the soft tissues, thus resulting in an increase in pain. So pain and stiffness are usually a result of poor blood flow at rest.

So, if this is you then hold off on buying a new pillow or mattress and come in and let's see what we can do about restoring the basics your body requires for a good night's sleep.

## EXERCISE OF THE MONTH:

### Vomiting cat

Going back in time, this is another safe abdominal strengthening exercise that reduces strain on your back that you would get if doing sit-ups.

Because sit-ups use the strong hip flexor Psoas muscles that attach between your spine and the inside of your femur in the groin area, sit-ups put excessive strain on the lower spine and can result in disc bulging and other lower back issues.

So do the vomiting cat to prevent lower back problems.

To do the Vomiting Cat, start on your hands and knees with your hands under your shoulders and your knees under your hips. Then draw your belly button in toward your spine as you round your back up toward the ceiling. Tuck your hips under as you try to draw your abs in as hard as you can.

You are almost trying to draw your abs in and round up as if you were a cat coughing up a hairball. You aren't just stretching but actively trying to draw your abs in and suck in as hard as possible all the way through your lower abs.

Hold as hard as you can for a count and then relax out and repeat.



## BRAIN TEASER OF THE MONTH

1. A man opened the door, screamed, and then was found dead a few minutes later. No gunshots were heard in the area. What happened?

2. Three men enter a room but only two walk out. The room is empty. Where is the third man?

Answers below.

### Have a laugh

I'm jealous of my parents.  
I'll never have a kid as cool as theirs.

## Wellness Information

Make time for friends and family.

Spending time with your friends and family may not seem like a top wellness tip but it is vital. Humans are social beings and rely on other humans to maintain their mental, emotional and physical help. Setting time aside to spend with your loved ones can help relieve stress, increase self-esteem and lead you to make more positive choices.

Limit blue light before bed.

The blue light emitted by your tech devices may be the cause of those restless nights. Put your phone or laptop away at least an hour before bed to set yourself up for a good night of sleep.

Manage your money.

Money worries are oftentimes a big source of stress for some people. Saving for the future, home mortgages and paying off loans—it all adds up. Create a priority list for yourself and determine a realistic budget to provide yourself some relief.

Practice gratitude.

Oftentimes, we tend to focus on what we're lacking in life instead of focusing on the things that we do have. Start measuring your worth by your successes rather than your deficits by keeping track of the things that go well in your life.

### Tips of the month

*Do something uncomfortable today. By stepping outside the box, you don't have to settle for what you are - you get to create who you want to become.*

*Howard Walstein*

Answer:  
1. The man was on an airplane when he fell to his death after opening the door.  
2. The third man is in a wheelchair so he rolls out of the room instead of walking out.