

NERANG PHYSIOTHERAPY

Peter Mitchell

The *difference* is obvious

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Need to vs want to

In exercise there is a certain psychology that will define whether the exercise will benefit from it or not and this is what we say about it.

If someone says 'I NEED to exercise', this is not a good sign. This is a being that is not well and is thinking that exercise might help even though they don't really want to exercise.

This mentality will most likely cause them to fail in their goals and they will not achieve the health benefits from exercise. This is a negative attitude and needs to be changed before they can achieve success.

On the other hand, if someone says, 'I WANT to exercise', this is a completely different attitude and mindset.

Wanting to do something is more of a positive attitude to have and this will lead to more success. Positive thoughts will always attract more positive energies and will lead to positive outcomes.

This is the law of attraction, a universal law. So WANT, don't NEED and you will succeed.

8/5-7 Lavelle Street, Nerang, Queensland, 4211

Tel: 07 5596 4711 | Web: www.nerangphysio.com Email: nerangphysiotherapy@onthenet.com.au



News

We would like to wish all those who celebrate Christmas a wonderful time of love and sharing and laughter. We are sure we are in for a bumper 2022 and we appreciate your trust in us to keep you healthy. Merry Christmas and a Happy New Year.

RSI

RSI or repetitive stress injury is quite a common type of injury and can happen in many ways, not even ways that are obvious.

As a typical example let's look at wrist pain in a person who spends a lot of time on the computer.

In order to work with finesse using a mouse and typing on a keyboard, you will require certain muscles to be active over long periods of time. Some of these muscles are nowhere near the wrist and these include shoulder and neck muscles.

The only way we can control the finer movements of the hand and fingers is for the shoulder stabilisers to be working hard so they support the rest of the arm.

This long-term usage of muscles demands a higher than normal rate of blood flow which has to be controlled by the sympathetic nervous system. This overuse weakens the nervous system over time and thus alters the blood flow rate.

This causes weakness and stiffness in the shoulder muscles which now forces the muscles lower down the arm to have to over-compensate for the shoulders.

This load is then passed further down to the forearm muscles which then become weak and tight and put excessive strain on the wrist joints and on the tendons crossing the wrist. This is commonly how wrist pain will come about. So treating just the wrist is incomplete.

EXERCISE OF THE MONTH:

Shoulder extension

As part of the upper body regimen we will start with the shoulder extension exercise.

The shoulders are the powerhouse of the upper body and they support the neck and arm as well as the upper thoracic area. If there is any weakness in the shoulder muscles this forces the neck and shoulder blade muscles to over-compensate.

This over-compensation can cause pain to develop in the neck or arm as even the lower arm muscles can compensate.

If you cannot lie on your stomach for this exercise you can do it in standing or even sitting.

Lie on your stomach on the bed or floor. You can use small ½ Kg or 1 Kg weights if you want but it is not essential.

With a straight arm quickly lift ONE arm up away from the floor/bed about 30 degrees or as far as is comfortable. Hold for 7 seconds then slowly drop the arm to the floor. Repeat this for the other arm. It is preferable to do alternate arms to ensure the 2 sides of the brain continue to communicate.

Repeat 5 to 10 times each.



BRAIN TEASERS OF THE MONTH

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it? (Answer below)

Have a laugh



Keep Christmas sugar-free

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.

Tip of the month

Standing desks - how to stand

If you have evolved to using a standing desk it is important to know how to correctly stand while at the desk. If you stand with your feet next to each other you limit the surface area you stand on. This means when you lean forward it is the back muscles holding you up which can lead to back pain. Try standing with feet shoulder width apart but also with one foot moved forward a bout the length of a foot, as if you're taking a step forward. This means your legs carry the load not your back.