



Welcome to the Summer Newsletter.....

This is the season for being outdoors come rain or shine! The aim of this newsletter is to keep you informed of clinic news as well as introducing new snippets of information about treating aches and pains. If you would prefer not to receive this seasonal newsletter, reply with "no thanks" .

REGATTA SPECIAL

Rowing & Injury Prevention

Whether you are a recreational or professional rower, the following information applies to you. The common injuries are down to repetitive action in a sustained position in cramped conditions. The most frequently injured part of the body is the lower back from excessive hyperflexion (forward bending movement) and twisting. PROBLEM HOT SPOTS: lumbar spine, ribs, shoulders, forearms, wrists and knees Watch out for...



- Ache in lower back when leaning backwards
- Shoulder pain from overtraining, poor technique or tension in upper body
- Knee pain from muscle imbalance and maltracking of the patella (knee cap)
- Tight ITB band down the outside of the leg
- Rib stress fractures as they account for the most time lost from on-water training and competing

SOLUTIONS for common injuries... 1. For a strong back, vary the training to include running, weight training and either yoga or pilates to keep the back flexible. Pilates focus exercises will target lumbar stability, release a tight rectus abdominis down the front of your stomach, open shoulders to release thoracic tension and balance out muscle strength in the legs. 2. Moderation: Avoid overtraining. Many minor injuries and illness is a sign that you are doing too much exercise and your body is not recovering well. Eat a balanced diet and get plenty of sleep. 3. Remedial massage: advisable on a monthly maintenance basis and pre/post event.

Henley Royal Regatta Trivia



- Henley Regatta was first held 172 years ago in 1839 and has been held annually ever since, except during the two World Wars.
- In 1851 H.R.H. Prince Albert became the Regatta's first Royal Patron.
- The length of the Course is 1 mile 550 yards, which is 112 metres longer than the standard international distance of 2,000 metres. It takes approximately seven minutes to cover
- It has its own rules and is not subject to the jurisdiction either of the governing body of rowing in England (British Rowing) or of the International Rowing Federation (F.I.S.A.), but is proud of the distinction of being officially recognised by both these bodies.
- Since 1884 Henley Royal Regatta has been organised by a self-electing body of Stewards, at present numbering 56, most of whom are well-known and successful rowers and scullers.

Keep Those Bones Healthy

OSTEOPOROSIS: literally means porous bones.

The facts: bones contain a thick outer layer called cortical bone and a strong inner mesh that looks like honeycomb called trabecular bone. From age 35, bone loss increases gradually as part of the natural ageing process. Women post-menopause are more susceptible to this. Osteoporosis occurs when the struts within the honeycomb layer become thin, causing bones to be fragile and more likely to break. The healing process is still the same for those without osteoporosis who fracture (break) a bone 6-8 weeks.



The signs?

1. Broken wrist with a fall from standing height. Healthy bones should be able to withstand this.
2. Hip fractures from a fall.
3. Spinal bone fractures in the lumbar (lower back) or thoracic (middle back) areas. Bones become squashed or compressed because of their reduced strength.

Osteoarthritis: affects the joints in the body and is different to osteoporosis. Hips, knees and knuckles are usually affected.

Osteopenia: refers to bone mineral density (BMD) that is lower than normal peak BMD but not low enough to be classified as osteoporosis.

Prevention?

1. Weight bearing exercise like jogging, skipping, football, tennis, aerobics, and running up & down the stairs a few times. Short bursts rather than prolonged exercise.
2. Well balanced, calcium rich diet for healthy bones starts during pregnancy e.g. milk, yoghurt, cheese, tofu, kale
3. Vitamin D helps absorb calcium and the best source is sunlight. Get out there from May-Sept and top up with oily fish, cod liver oil or egg yolks.
4. Stop smoking as it slows down the work of the bone building cells
5. Reduce alcohol intake

For a FREE 10min telephone consultation and advice on nutrition to keep bones healthy, please contact Julia Charles on 07958082025 or by email jcharles@alleryaware.co.uk.

HAYFEVER SUFFERER?

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