



Welcome to the spring newsletter.....

Time at last to be outdoors, enjoying the sun and plant life blossoming. 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" .

Triathlon Special on injury prevention

Whether you are a recreational or professional swimmer, cyclist or runner, the following information applies to you.

MASSAGE BENEFITS: Speeds up recovery after exercise, flushes out lactic acid, reduces muscle soreness, increases flexibility, reduces muscle & joint tension, a better performance improves gait, breathing and posture, HELPS PREVENT INJURY

CYCLING

CYCLING: The common injuries are down to overuse problems and overtraining. **THE MOBILISING MUSCLES** (front and back of legs, shins) are overused while the **DEEP STABILISING MUSCLES** (the core muscles) are underused. **OVERTRAINING SIGNS:** tiredness, insomnia, drop in performance, increase in injuries, headaches, decreased appetite, increase in colds. **PROBLEM HOT SPOTS:** Hands, lower back, knees, buttocks, Achilles **SOLUTIONS...** 1) Bike set up, ensure it has been properly assessed by a professional for your body type and discipline 2) Pilates style exercises to strengthen the stabilising muscles which will allow the mobilising muscles to function better, improving performance 3) Vary training and allow for rest days 4) Stretching routine to counteract the rounded shoulders, tight chest muscles and flexed forward position of the back 5) Remedial massage is advisable on a monthly maintenance basis and pre/post event Contact Vanessa on 01491 577480 to book an appointment.



SWIMMING

This discipline can be the weak link as it does not fit into a daily routine as easily and it is harder to replicate the race environment . Acute injuries are less likely because of the slow speed and lack of bodily contact with other athletes.

Overuse injuries are from the repetitive nature of the action and resistance of the water combined with poor training habits.

PROBLEM HOT SPOTS: Shoulders, knees, back

SOLUTIONS....

1. Training that mimics the environment competing in (sea, river or lake)
2. Stretches for tight pectorals and shoulders
3. Remedial exercises to correct the imbalances usually over dominant latissimus dorsi, rectus abdominus, obliques and neck extensors (side of body, front and back of neck) and poor lumbar stability



RUNNING

The main problem is that the majority of running is done on pavements or concrete so joints throughout the body are repeatedly jarred and stressed.

PROBLEM HOT SPOTS: Achilles, knees, ITB (down the side of the leg), shins, feet

SOLUTIONS....

1. Avoid overtraining, too many miles, too soon.
2. The right footwear.
3. Professional advice on running style.
4. Avoid concrete as much as possible. Grass, dirt trails & asphalt stress the body less.
5. Regular stretching program.
6. Remedial exercises to strengthen weak gluteals and foot muscles and focus on the core muscles.

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Get Rid Of That Stitch!

An athlete's stitch is caused by a spasm of the diaphragm muscle that controls breathing.

WHY?

1. If your breathing is not controlled.
2. Running too soon after eating means the heavy stomach tugs at the ligaments attached to the diaphragm.
3. Running too fast for body's breathing machinery to keep up.

STOP THE STITCH!

1. Warm up.

2. Belly breathing to strengthen your diaphragm. Lie on your back with legs bent & a heavy book on your stomach, breathe in and allow the stomach to expand raising the book and on an out breath lower the book as you breathe out through your mouth emptying the lungs of stale air.

3. Strengthen abdominal muscles with controlled sit ups. It is the slow movement of raising your head and upper chest and gradual lowering

one vertebra at a time that works. Refer to a pilates teacher or remedial massage therapist for correct technique.

4.Change your breathing pattern while running so that the leg on the opposite side of the body from the stitch is the one that hits the ground whenever you breathe out.

NEW PRICE STRUCTURE APRIL 4TH 2011

Treatment Length	FULL PRICE	CONCESSION (Over 65, Under 16)
30Mins	£22	£19
45Mins	£33	£29
60Mins	£44	£39
75Mins	£55	£49
90Mins	£66	£59