

Sydney Advanced Physiotherapy Update

May - June 2018

What's New?

A new Pilates timetable with more classes will begin from the end of June. Our new timetable includes a physio-led 45min lunch time yoga class on a Monday with Ali. During this class Ali will take participants through beginners yoga and incorporate some breathing and meditation work depending on the skills and needs of the group. This class is claimable on your health fund if you have coverage for physio classes. You can book online or via our reception crew.



Claire will be holding a special mindfulness class for women Saturday 16th June at 10am. This class will teach you ways to cope with pain, decrease pelvic floor pain and symptoms of bladder irritation, and how to breathe better to improve your body function and help manage stress. The skills of mindfulness can help you be more present and cope with day to day stresses more effectively. The class will be \$25pp and there are a limited number of places available so please book. You will be able to claim on your health fund if you have coverage for physio classes.

We have released a range of videos that may help you on to our Facebook page and YouTube. There are loads of clips about back pain, bunions, knee pain, recovery strategies for athletes as well as lots

of handy stretch techniques. Check them out and let us know if you want us to cover any other topics in the future.

5 Tips To Help You Get Ready To Run A Marathon

We are just a few short weeks away from the beginning of the Fun Run season. Those of you who are thinking of running the September Marathon should hopefully be starting to test your legs and begin training for the 42km event.

Here are a few little tips you probably did not know, that you can use improve your body's performance while running:

1. **Start your preparation early.** Building up your distances too quickly can lead to injury. If you've had issues with your body or your fitness in the past it's important to see a physio early in your training to try and iron out any kinks that might impact your performance such as: poor technique, tight muscles, alignment issues and weak areas.
2. **Move more frequently.** Just because you have a 10km run planned for the morning/evening doesn't mean you can forego all movement throughout the day. Your muscles contract as you move which helps your heart to pump blood around your body. If you're sedentary (sitting or standing) still for long periods throughout your day, your heart has to work harder to pump blood around the body. Running on top of a sedentary lifestyle can cause excessive strain on already stressed cardiovascular system. More trips to get water, bathroom breaks, stretching while working, standing and moving while on the phone where

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possible, walking meetings etc will do your heart and circulation wonders.

3. **Learn to stand and walk properly.** Our bodies change to mirror the things we do the most. Standing and walking around with poor posture can have a huge impact on how your body tolerates the increased running load leading to more injuries and decreased performance.
4. **Breathe.** Breathing properly not only increases the oxygenation to the muscles and brain giving you more energy, but it also decreases tension in the neck and shoulders. This helps decrease the activation of your stress response which is responsible for decreased performance (e.g. panic breathing) and a multitude of different pains (feet, knees, hips, back, pelvic floor, neck, arms to name a few!).

5. **Get shoes that fit.** Your foot requires a thumb width of space in front of your big toe and space to move widthways. Loosening your laces as much as possible, and doing a heel lock at the top eyelets of your lacing to stop your ankle from falling out of your shoe, can make a huge improvement in foot function and therefore propulsion. You can try this by making the change on one side only – you might notice the calves and feet on the side that have been released feel more relaxed. The shoes you wear throughout the day can also have an impact on how your foot functions and adapts to the ground while you are running.

There are plenty of ways to improve your performance without pounding the pavement. Please see your physio if you think any or all of these things apply to you.



Product Review

Foam rollers are something every runner should have. Rollers enable you to release tight muscles yourself at home. This can help prevent over-use injuries and help ease your suffering after those longer runs.

Rollers are also really useful rehabilitation tools. You can use them to get a great stretch. You can use them to make your core exercises more challenging so you don't have to learn new ones and they can help improve your flexibility.

Pop into the clinic today and pick one up if you're a runner and you don't have a roller.

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