

Physio Plus Newsletter

Physiotherapy – Sports Massage - Pilates

What's inspiring us this month?

- *The start of the Six Nations*
- *Federer's big win...there's hope for us all!*

Intro

This year instead of the usual resolutions of giving something up we've all decided (with the help of an inspirational patient) to take a much more positive approach to 2017.

We are going to do more of something rather than trying to do less.

So we want to get more of you better, pain free and able to go

and do more of whatever makes you happy.

We are offering more evening and weekend appointments so we can help you achieve your 2017 goals.

Be it walking the dog, running a marathon, swimming Lake Windermere... Or just drinking more gin, we want to help get you there!

Call us on 0191 281 20 21 or email info@physioplusclinic.co.uk

Why should I get a Sports Massage?

Now that spring is round the corner, a lot of sport & exercise regimes are cranking up again. Here's a reminder of why it might be a good idea to think about a sports massage.

Sports massage can help prevent injury

I think this is the #1 benefit of sports massage.

OK, it's not so important when you're in your 20's, but as you get older your muscles take longer to recover and become more prone to injury.

Sports massage can help keep your muscles supple and improve your range of motion. Overly tight muscles can tear easily, and sports massage can relieve tight musculature, reducing the risk of a muscle tear.

Sports massage can help your performance

Keeping your muscles in shape helps you to perform better.

If there are restrictions or tight spots in your muscles, then your body is going to have to adapt around the problem. This is inefficient.

Sports massage can help make sure that you're working efficiently in your chosen sport or exercise.

Train harder

Because your muscles are less susceptible to injury when they're looked after, and because you'll be able to perform more efficiently, you'll find that sports massage can help you train harder for longer.

How often should you have a sports massage?

The answer to that is "it depends".

It depends on the combination of your age and the frequency / duration / intensity of your exercise.

If you're in your early 30's doing 45 mins in the gym 3 times a week breaking a light sweat, then once every few months is probably going to be enough.

On the other hand, if you're in your late 30's / early 40's running more than 10 miles a week then you'll definitely benefit from a sports massage each month.

What's the down side of sports massage?

It can sometimes be a bit uncomfortable during the massage – but the benefits make it worth it!

Skis and Knees - Sarah Buckton Physiotherapist

Winter is here and the mountains are calling...well to everyone apart from Helen! (Sorry boss!).

Skiing and snowboarding are physically demanding sports. The level of strength a person has will influence their ability to match the demands.

The legs and core must be able to hold a certain position for prolonged periods of time whilst absorbing significant amounts of force during each descent.

Your ability to maintain correct body position is very much influenced by muscular strength and endurance around the joints being used.

The quadriceps (the main thigh muscle at the front of your leg) can become fatigued quite quickly.

Good flexibility of joints will reduce

risk to injury when you fall especially tendon and ligament injuries. Try not to convince yourself you won't fall – even the best skiers and boarders fall sometimes!

ACL (Anterior Cruciate Ligament) injuries of the knee are unfortunately common amongst skiers due to the way a skier can fall and twist their knee inwards.

The ACL attaches in the center of the knee from the thigh bone (femur) to the shin bone (tibia). It prevents the shin bone from moving forwards during activity, offers central stability that without would cause your knee to give way.

Injury of the ACL would result in immediate swelling of the knee, inability to carry on skiing and a feeling of giving way



Anterior Cruciate Ligament (ACL) Tear

If you're unlucky enough to sustain such injury then usually reconstructive surgery is required to restore central stability of the knee followed by 6 months of physiotherapy and rehabilitation.

Injury and recovery is usually completed without problems and full return to all function and sporting activities.

If you have a ski trip booked here's a few tips to help keep you injury free.

Pre skiing tip:

Try and achieve good physical condition – muscle length, strength and endurance

- Cycling is very good at building up your thigh muscles
- Squats
- Lunges

Even walking up the stairs sideways will help build up the muscles you'll be using on the slopes.

What to do if I get injured?

Manage the acute pain and swelling with rest, ice and elevation

Seek Physiotherapy assessment and intervention to ensure range of motion and function is restored and any further advice on what should be done next.

As an experienced skier and a recent snowboarder I know only too well the demands of this activity.

I am a lower limb clinical specialist physiotherapist with a special interest in knee injury rehabilitation and prevention.

I am happy to offer pre ski advice for conditioning or, in the unfortunate incidence of injury, restore normality.

To book an appointment with Sarah or any of the team call us on 0191 281 2021 or email info@physioplusclinic.co.uk



Common skiing injuries.

Physio Plus

170 – 172 Newton Road

High Heaton

Newcastle, NE7 7HP

Phone:

0191 281 2021

E-Mail:

info@physioplusclinic.co.uk

Web Site:

www.physioplusclinic.co.uk



A fond farewell.

We are saying a fond farewell to Danielle Hudson this month as she leaves us to live the high life in Dubai.

Danielle has been part of the team for 5 years and will be a big miss. We wish her all the best in her new job and thank her for being a fantastic part of the team at the clinic. She's vowed to come back and visit but we've already started planning our team trip to see her... watch out Dubai!

...in other news.

At the start of the year we appointed Physiotherapist Sarah Buckton. Sarah is a lower limb specialist and is in the clinic on Monday and Thursday evenings. She is a keen Hockey player and regularly runs out for Whitley Bay & Tynemouth Hockey Club in the National Hockey League.

Helen is now back at work after her knee operation, so be sure to remind her to be sympathetic when she's treating you!



We bid farewell to Danielle.

Caption Competition...

In line with our resolution of helping you more, we've put together a gift bag filled with useful things to help you with your New Year goals. For a chance to win, all you need to do is go on to our Facebook Page, "Like Us" and add a caption to the below photo...

Gift Bag contains:

Gift voucher for a treatment session,
biofreeze, K-Tape, Hot/Cold Packs,
Theraband and an England Rugby Bag.



[Click here to enter](#)