

Physio Plus Newsletter



What's inspiring us this month?

- *The Six Nations*
- *Countdown to the London Marathon*
- *This Girl Can – Sport England's new campaign*

Happy New Year!

As we enter the second month of 2015 already we can see that this year is going to pass us by as quickly as 2014 did.

New Year's resolutions are in full swing & we've heard them all from eating less chocolate ...to eating more butter! (You know who you are!)

This quarter the newsletter focus is running.

We see lots of runners at the clinic from charity fun runners to top level athletes.

No matter what level you are, the risk of injury & temptation to train through 'niggles' is the same.

We've addressed a few common issues here but if you're in doubt and in pain give us a call!

- **Physiotherapy**
- **Sports Massage**
- **Pilates**
- **Sports Rehab**
- **Biomechanical Assessment**

Shin Pain? Affecting your Running? - Danielle Hudson

Shin splints or MTSS (medial tibial stress syndrome) is a condition that causes pain along the anterior (front) or medial (middle) part of the tibia (shinbone).

It is thought to be an overuse injury common in runners. Pain first comes on after running or exercise, and as it develops comes on during activity. The exact cause is unknown and evidence suggests causes can include inflammation of the tendons (tendinitis), muscle sprain, microscopic tears in the interosseous membrane and in severe cases a stress fracture (incomplete fracture in a bone) maybe present.

The onset of symptoms is usually multi factorial and is often linked to increasing your mileage too quickly

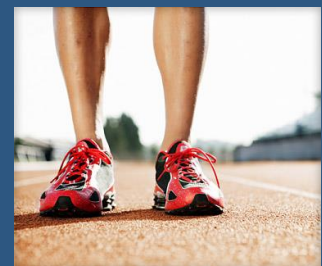
over a short period of time. Other contributing factors can be foot over pronation, muscle imbalances around hip and pelvis and incorrect footwear.

Basic advice is to ensure you have sufficient **REST** periods in your training schedule, use of ice and appropriate footwear.

If symptoms do not improve with this alone then MTSS can be easily treated with a combination of physiotherapy, sports massage and podiatry.

So instead of putting up with it, get down to the clinic so one of the team can get you fit for 2015!

Shin Pain – too much too soon?



To book call us on 0191 281 20 21 or email info@physioplusclinic.co.uk

Putting the MAX back into your Glutes! - Cathryn Clark



At this time of year we start to see patients with “New Year’s Resolution Injuries”; often due to patients taking up or returning to running after a long break or injury.

Typically these patients present with a pattern of hip pain that is all too common.

The biggest worry patients have is that they are developing joint problems from the impact of running. In most cases this is not the issue. Often the pain is caused by the soft tissue structures around the hip other than the joint.

Although rest would likely resolve these symptoms the effects will only be temporary with pain reappearing on return to sport. Rest may settle down any inflammation but it does not address muscle imbalances that are the cause.

Weak or underactive gluteal muscles (bottom muscles) are the most likely culprits and continually running with

these imbalances can cause long term issues.

Your typical gym program of squats will not target these muscles specifically. In order to solve the issue a specific exercise and treatment program should be followed.

There are two Glute activation exercises that should be the staple of any runners training program, the Clam and the Glute Bridge (picture below).

Both are great to use as part of your warm up routine and as stand-alone strengthening exercises.

However it's not case of “one size fits all”, so if you have recurring pain get you're A*se (literally) to physio plus!

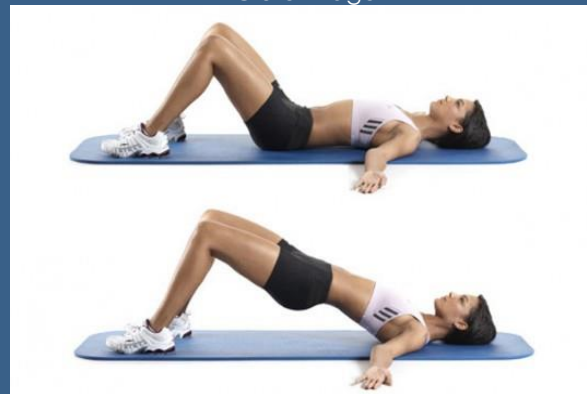
To book call 0191 281 2021 or email info@physioplusclinic.co.uk

Glute Clams



Knees and hips bent, feet together.
Squeeze your glutes, float the top knee up to the ceiling. Hold at the top, float the knee back down.
Make sure your hips stay still. Repeat.

Glute Bridge



Feet hip distance apart, knees bent.
Squeeze your glutes, push hips to the ceiling. Hold at the top, control the movement back to the mat.
Repeat.

Athlete Focus – Jo Zoppi

Jo Zoppi is a lecturer at Newcastle United Football Academy & regular customer at Physio Plus. She is a GB Age Group Triathlete & runs for Heaton Harriers.

How did you get into Tri?

A friend introduced me...well she pressured me into doing one and then I was hooked!

Which discipline is your favorite?

As I'm from a running background that's my strongest of the 3 disciplines but I really enjoy the bike.

Typical weeks training?

Monday to Friday I do 2 sessions a day, including work in the gym with my coach Chris Ainsley. Sunday is my "rest day" so I do a few hours of stretching, mobility and Pilates (as instructed by Kate) to make sure I'm loose for the next weeks training. If I'm tired or run down I will miss sessions for rest and sleep instead which are just as important.

Worst injury?

Glute/Hamstring problems last season meant I couldn't run for about 6 months. Of course Physio Plus were great and got me back to fitness, the advice and treatment they have given me has been excellent.

Top tip for staying injury free?

If it wasn't for my regular trips to the clinic for sports massage and physio, I would struggle to stay on top of all those little niggles that come from pushing so hard in training and be able to complete at the level I do. Eat well, rest when you need it and sleep well.



Jo Zoppi – European Championships 2013

Worst training habit?

Ensuring I eat enough between training sessions. I have to make sure I have everything prepared in advance and carry numerous Tupperware boxes with me wherever I go.

Guilty pleasure?

I have a sweet tooth. I always get into trouble with my coach for it. I gave up chocolate for lent last year with Danielle....I think it was a bigger challenge than competing as I'm sure she will agree!

Goals for 2015?

Keep injury free & to medal at the GB Age Group European Championships in Geneva.

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Team News

Laura has been away sunning herself in Brazil for 2 weeks and is now back. She also managed to fit some training in while she was away as she's still in preparation for competing at Crossfit this year.

This month we welcome Physiotherapist Olivia Clerey to the team. She will be working part time offering evening appointments on Wednesdays and Saturday mornings.

Kate is running Performance Pilates classes on Wed and Tues nights, & is always looking for more willing participants so if you're interested in getting your core working and ironing out those muscle imbalances give her a call.

And don't forget we offer £5 discount off Physio and Hour Sports massage sessions for Harrier Members.



The crazy kind of thing Laura does at Crossfit!