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feelfit Physiotherapy

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GARSTON - NEW ZEALAND

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Running Tips For Beginners

If you've just taken up running, you probably think that getting started is simple - you just run as far as you can and then run further the next time. Like most things, the reality is a little more complicated. Here are some tips to make the most of your running program and avoid injury.

1. Don't overdo it

Rest is actually a big part of a training program. Your body needs time to recover and rebuild muscle. Not giving yourself adequate time to rest can lead to a greater risk of injury and you may not improve as quickly as you might think without resting. Aim to run three times a week for a healthy balance.

2. Don't forget strength training.

Even if you're trying to improve endurance, surprisingly, increasing strength can make a big difference. Particularly if you focus on specific muscles that may be weaker on one side of the body. This is also an important part of injury prevention. Your physiotherapist can help you to identify any weak muscles and develop a strengthening program.

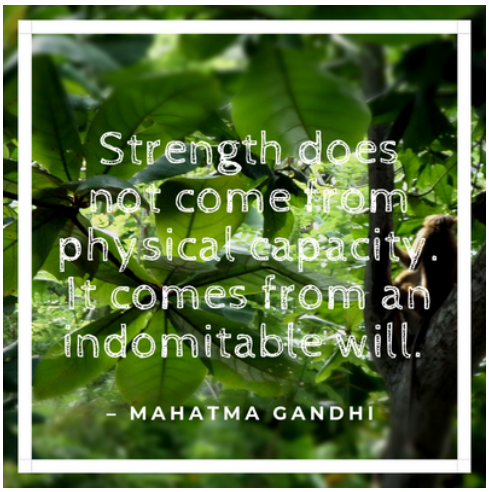
2. Your shoes and running surface matter.

Running on hard or uneven surfaces leads to a greater risk of injury than running on grass, which allows for a more natural distribution of forces through your foot. Having shoes that fit your foot properly and also provide support is an essential part of your injury prevention plan.

3. Listen to your body.

As you improve and push your abilities forward there will be many aches and pains. Most will only last for a day or two and DOMS (delayed onset muscle soreness) is a normal, if not annoying, part of becoming stronger. However, if pain feels more serious, lasts for more than 48 hours or is preventing you from running, speak to a professional as soon as possible. Running injuries do happen and can take a while to resolve. Early treatment is the best option for good outcomes.

Speak to your physiotherapist for more practical tips on how to improve your running and prevent injuries.



Brain Teasers

1. What question can you never answer "yes" to?
2. What has many teeth but cannot bite?
3. Forward I am heavy, backward I am not. What am I?

Shin Splints

One of the main causes of shin splints is 'too much, too soon'. Pacing your training program is an important strategy in both preventing injuries and recovery.

Osteitis Pubis

What is Osteitis Pubis?

Osteitis Pubis is a medical term used to describe sports-related groin pain. Osteitis means 'bone inflammation', while pubis refers to the specific bone that is affected: the pubic bone. Osteitis pubis is usually an overuse injury that can sometimes be triggered by a specific event. It is characterized by pain deep within the front of the pubic bone, caused by inflammation. The area of the pubic bone affected is specifically known as the 'pubic symphysis.

This type of injury is common in load-bearing athletes such as runners. Other people commonly affected include soccer players and footballers, due to their frequent kicking actions.

How does it happen?

Instability within the pelvic region is the primary cause of Osteitis Pubis, particularly if the instability occurs at the connection between the two sides of the pubic bones at the front of the body. The pelvis carries the weight of the upper body and is responsible for providing stability when walking, running and kicking. This means that the joint can easily become irritated and inflamed.

What are the signs and symptoms?

Osteitis pubis is aggravated by weight-bearing activities, with running and kicking being the two main culprits. Pain is usually experienced on one side, however, both sides can be affected. The pain is usually located at the front of the pelvis and may progress into the hip and groin area as it becomes more severe.

Sufferers of Osteitis Pubis tend to have a history of a previous groin strain, as well as lower back pain. They may also have a history of a sports hernia in the hip area. As with most inflammatory conditions, the pain may be worse when in use, better when resting, and worse overnight and into the morning.

How can Physio help?

Your physio can help this condition in several ways and will hopefully get you back to your pre-injury sporting level.

During the initial assessment, your physio will look at many different things to determine the cause of the condition. Muscle length, muscle strength and muscle control will all be assessed to see how they may be contributing to the condition. Your posture in standing, walking and running will also be assessed to determine any irregularities.

Your physio may ask you to rest from sports for some time to allow some bony healing to occur and then progress you through a rehab program aimed at getting you back to the sport. This rehab program will retrain your muscles to stabilise the pelvis when walking, running and kicking with specific exercises to target these muscles.

Finally, your physio will progress you to running or kicking, and allow you to gradually return to sport over a 3-to-6-month period.

The information in this newsletter is not a replacement for proper medical advice. Always see a medical professional for an assessment of your condition.

Answers: 1. Are you asleep? 2. A comb 3. Ton

Cauliflower & Blue Cheese Soup

Ingredients:

1 large Cauliflower
2 Tbsp. Butter
4 cups Vegetable Stock or Water
100g Blue Cheese
3 Tbsp. chopped Parsley
2 cloves Garlic
2 cups Milk
Salt and Pepper
½ cup Cream
Sliced, Roasted Almonds

1. Cut cauliflower into small pieces and place into a roasting dish, drizzle melted butter over top.
2. Spread pieces in a single layer, add garlic season with salt and pepper and pour 1 cup of stock or water into the base of the dish.
3. Roast at 180˚C for about 40 minutes until tender and just starting to brown.
4. Blend cauliflower and juices until smooth then transfer to a large saucepan on medium heat; add the rest of the stock or water, blue cheese, parsley, milk and cream.
5. Reduce to low heat, simmer and stir occasionally until the soup is thick and creamy.

Serve while hot and garnish with sliced almonds.

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