

THE PHYSIO SOLUTIONS TEAM



physio·solutions
Physiotherapy &
Sports Injury Clinic

Summer/Autumn 2006

Welcome to our Summer newsletter



Helen Skehan
Practice Principal



Rachel Brunt
Physiotherapist



Lester Jones
Physiotherapist



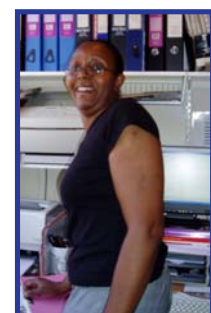
Clare Murphy
Massage Therapist



Leona Nwokeji
Physiotherapist



Helen Jeremiah
Physiotherapist



Cordelia Regis
Practice Administrator

Additional services: Sue Ambrose - Cranio-Sacral Therapist

Inside this Issue:	
Editorial	1
Running for beginners	2-3
The Team	4

It's been a busy Summer to date for Physio Solutions. We sadly said goodbye to Alison Riach, our Practice Administrator of the last 2 years who realised her dream of moving back to her native Scotland and we wish her all the best. I would also like to welcome Cordelia Regis who has taken over the role and moved from a busy Harley Street Practice.

As this edition goes to press we are coming towards the end of summer, so in thinking of a topic that may be of interest, our thoughts naturally turn to holidays and related injuries.

This edition deals with running for beginners. This has come about as we regularly see patients who unable to do their regular exercise when they are away on holidays, 'take up running' and land themselves with problems.

Have a good summer

Helen Skehan
Practice Principal



Many congratulations to patient Ossie Assem (pictured left) who in early July successfully completed the L'Etape du Tour, raising money for Oxfam. This is an alpine stage of the Tour de France, 191 kms - for 'amateur' cyclists although the training didn't sound very amateur to us!

www.physiosolutions.co.uk

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Opening Hours:
Monday: 8.30am - 7.30pm
Tuesday: 8.30am - 7.30pm
Wednesday: 8.30am - 7.00pm
Thursday: 8.30am - 7.00pm
Friday: 8.30am - 5.00pm
Saturdays: 10.00am - 12.30pm (first & last Saturday of the month)

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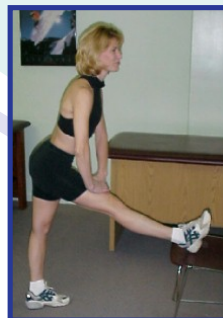
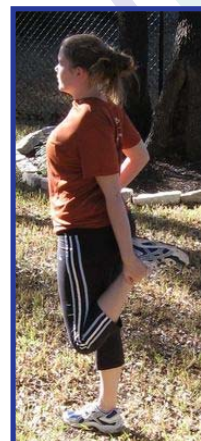
RUNNING FOR BEGINNERS



Running is one of the best ways to burn energy and to strengthen the cardiovascular system. However, when you are about to embark on a running programme for the first time, it is important that you take a few factors into consideration in order to help avoid injury and maximise your enjoyment. Firstly, ensure that your running shoes are appropriate for the way that **you** walk and run. Some people need more foot support than others and there are many types of running shoes that cater for different foot shapes. We recommend that you buy your shoes from a specialist store that will assess your running style. Such stores usually watch you running on a treadmill or in the street outside to ensure that your running biomechanics are optimal. As a general rule of thumb your running shoes should be replaced every four to six months or at approximately 500 miles as the shock absorbency of your shoes deteriorate.

Warm Up and Cool-down

The warm up should be dynamic and take 5-10 minutes. Start by gradually increasing your walking speed and then, once your fitness level has improved, jog at a slow pace. The important thing to remember is not to run when cold. Do not do static stretches until after your cool-down (approx. 5 minutes walking or jogging at a slower pace at the end of your run). The muscles to stretch after running include your quadriceps (front of thigh), calf muscles (back of lower leg), and hamstrings (see pics).



Start gradually!

For some people the ability to run non-stop may happen quite quickly, for others it may take a few weeks. For a complete “beginner” we recommend that you start by walking at a fast pace. Once you are able to walk for 15 to 20 minutes at a brisk pace non-stop, then you can introduce running. For example, walk for 3 minutes, then run at a moderate pace for 1 minute over the 15-20 minute period. Aim to train 3-4 times per week and gradually increase the time that you are running in comparison with walking, until you can run non-stop. Once you are able to achieve this you can increase the amount of time you run. Remember if your goal is to burn fat, run at a slower speed and aim to run for at least 30 minutes (less intensity for a longer period).

Hydration

Ensure that you drink sufficient water as you are exercising. It is suggested that you should drink at least half a pint 30 minutes before and 30 minutes after your training session. During your run try drinking half a pint for every 20 minutes of exercise.

Variation of running surface

The main problems runners report are stress on joints and shins and calf muscle tightness or pain. To minimise stress on your joints try to run on a more cushioned surface (grass, indoor track, treadmill). If your calf muscles are tight try to stretch them for a longer period (up to 60 seconds sustained stretch).

Remember don't run through pain. Listen to your body and if you're having any problems seek advice and help.

Rachel Brunt

Rachel works full-time at the clinic and is a keen runner. She has a special interest in running and other sports-related injuries.

DO YOU NEED A RISK ASSESSMENT IN YOUR WORKPLACE?

The clinic is happy to provide on-site risk and work-station assessments of individuals or groups. This can be very helpful if you are suffering from symptoms that may be work-related or affected by your work. Telephone the practice for rates and further details.