Core Therapy

Providing a Holistic and Professional approach to Sports Massage Therapy.

NOVEMBER 2015 Newsletter

www.coretherapy.co.uk

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Find your way out of injury..

Pain and the brain: Pain feels like a distinctly physical experience, but it's interpreted and processed by the brain. That means the mind can play a critical role in determining to what extent a person gets injured. Overuse injuries have a lot to do with **not** paying attention to your body – not listening or trusting what your body is telling you. Compulsive training relegates important cues and so your injury gets worse and a three day rest turns into a six week lay-off.

Redefine injury and injury-free: The reality is that they are not two distinct states – there is a grey area. Just because you can physically run / bike / swim / garden / DIY through a niggle / injury does not mean you should.

Biomechanics and balance: At a basic level injuries are physical, a breakdown of bone, muscle, tendon or ligament. By adopting form that increases efficiency while minimising shock to the system we can increase our chances of staying injury-free. A muscle imbalance occurs when two or more muscles or groups that oppose each other are disproportionate in strength and/or flexibility. A weakness or tightness caused by a muscle imbalance can place undue strain on various joints and soft tissue, disrupting biomechanics and eventually leading to injury.

Stress and surfaces: Many other physical variables affect our ability to avoid injury. We neglect our glutes and tighten our hamstrings by sitting at our desks for hours. This tightens the shoulders and puts the hip flexors in a shortened state. Monitoring your posture, taking rest and regularly mobilising all assist in increasing the ability of your body to cope.

Push to Prehab: Prehabbing an injury means recognising potential trouble and addressing it before it sidelines you - similar to practicing mindfulness. Be conscious of it, be willing to accept what the hot spot is telling you. Be willing to ask for professional help.

Dealing with Injury: After getting an accurate diagnosis from a professional, rehabilitation varies greatly from injury to injury. Three questions to ask:

- What is it:
- How do we fix it?
- And how do I make sure I never get it again?

Mapping out a cross training programme relative to your goals, keeping a healthy routine speeds up the transition back to normal activity or a new and better version of normal activity. Happy days are here again!

(extracted from Runners World, November 2015)

SMA
THE ASSOCIATION FOR SOFT TISSUE THERAPISTS

CoreTherapy

Stretching – 5 minutes to a happier body

The solution for the time-pressed athlete or stretching a resistant body/mind is to pick just one or two stretches and make them work harder by adding value! Regular stretching helps too; just five minutes a day is a great "happy body" recipe.

THE LUNGE STRETCH - WHY?

The Lunge Stretch targets the hip flexors. Your hip flexors also join your bottom half of your body to the top half of your body. The Psoas is considered to be a core muscle that acts as a keystone much like an arch will in a building structure. Our lifestyle of desk jobs, driving, running and cycling all contribute to short and/or tight muscles throughout our trunk. Stretching helps to lengthen the muscle fibres, increasing blood circulation and removing waste products.

So… lunge position - front knee over front foot, drop the back knee, tuck the pelvis under (by sliding a hand down the lower back, shoulders in line with hips). Check your form and position in a mirror if possible before raising both arms and pulling shoulders back and down.

IT Band variation – lifting the same arm as the front leg. Stretch up to the sky or ceiling. Breathe in and as you exhale tip slowly over to the opposite side

THE GLUTE STRETCH –WHY

This stretch helps to stretch the glutes, IT band and piriformis, all of which are prone to tightening, sometimes triggering knock-on problems.

Control the depth of the stretch by moving the feet further forwards or back. This version also opens up the upper body, reversing the flexed back position from poor posture while working at your desk or riding (bike / horse). Adjust the depth of the upper body stretch by moving the hands further away or closer. Press down the palms and lift the chest up as if it is being sucked up by the sunlight.

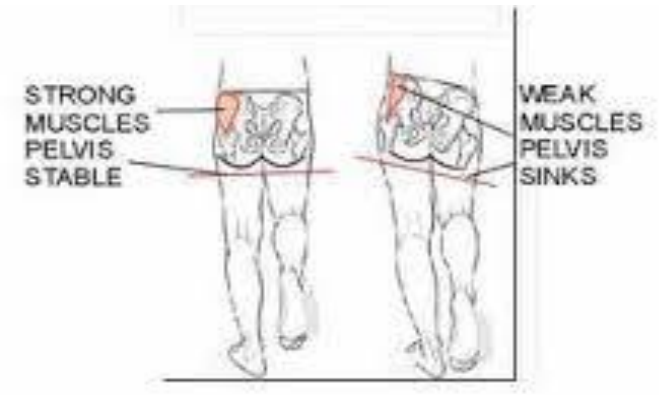
A horizontal version targeting the glutes (medius and minimus). Try to hold the stretch for about 20 secs before changing legs and repeating. Twice a day is a good target – here is where you say 'yes, Wendy!'

Prepare, Prevent, Perform

Exercise of the Month

THE CLAM

Your core muscles, which include your abs, glutes, hips and lower back, work together to hold your torso solid when you run. This keeps energy from being wasted, prevents a litany of injuries and powers your stride. One of the best ways to strengthen your core is by performing butt strengthening exercises.



Lying on your side with hips flexed to approximately 45 degrees and knees flexed to 90 degrees, heels of **feet together**. Position your top arm in front as shown to help you maintain the correct position before lifting the top knee up. **Keep heels together**. If you feel the pelvis roll back you have gone too far. Hold the knee up for two seconds before slowly lowering and resisting gravity. Keep your core muscles engaged and monitor your breathing. Keep checking your form and continue until mild fatigue – probably between 8 to 16 reps – two sets – twice very other day and then move onto the next level….

Education Section

HOT AND COLD SPOT

Thermotherapy

Definition/Description

Thermotherapy consists of application of heat or cold. Cryotherapy and thermotherapy are useful adjuncts for the treatment of musculoskeletal injuries and soft tissue injuries. Using ice or heat as a therapeutic intervention decreases pain in joint and muscle as well as soft tissues and they have opposite effects on tissue metabolism, blood flow, inflammation, edema and connective

tissue extensibility. Thermotherapy can be used in rehabilitation facilities or at home.

Purpose

The goal of thermotherapy is to alter tissue temperature in a targeted region over time for the purpose of inducing a desired biological response. The majority of thermotherapies are designed to deliver the thermal therapy to a target tissue volume with minimal impact on intervening or surrounding tissues.

Heat: By increasing the temperature of the skin/soft tissue, the blood flow increases by vasodilatation. The metabolic rate and the tissue extensibility will also increase. Heat increases oxygen uptake and accelerates tissue healing, it also increases the activity of destructive enzymes, such as collagenase, and increases the catabolic rate.

Cold: By decreasing the temperature of the skin/soft tissue, the blood flow decreases by vasoconstriction. It will be followed afterwards by a vasodilatation which will prevent against hypoxic damage (hunting reflex: If the cold pack is left on the skin for more than 10 minutes, the blood vessels will dilate). The tissue metabolism will decrease just like the neuronal excitability, inflammation, conduction rate and tissue extensibility. At joint temperatures of 30°C or lower, the activity of cartilage degrading enzymes are inhibited. The decreased metabolic rate limits further injury and aids the tissue in surviving the cellular hypoxia that occurs after injury.

Both applications can reduce the pain …

The treatment depends on the type of application and the type of Injury-

Physiological Effects

Many of the local physiologic effects of heat and cold have been studied thoroughly. For instance, heat increases skin and joint temperature, improves blood circulation and muscle relaxation and decreases joint stiffness. Cold will numb the pain, decrease swelling, constrict blood vessels and block nerve impulses to the joint.

Prepare, Prevent, Perform

Sports Massage uses many of the characteristics of Swedish Massage whilst incorporating remedial and deep tissue massage techniques on specific troublesome or well used muscle groups. Although given the term "Sports", the massage technique is used for muscle problems whether incurred in a sporting event or through other activities such as gardening, decorating, DIY, etc.

Sports massage can be used before, during and after sporting events. The main emphasis on treatments is to maintain the body in good condition or to address specific needs where a client is suffering from aches and pains in certain muscles. When muscles have been overworked, causing soreness, stiffness, a sports massage can alleviate these conditions through boosting the circulatory and immune system thereby leaving the client feeling refreshed and relaxed.

Wendy is a qualified sports massage therapist holding a Sports Performance Services Level 4 Diploma and a Level 2 Triathlon Coach Certificate as well as being a keen athlete herself.

Current Offer

3 x 45 minute sessions for £99
or
3 x 60 minute sessions for £120

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