



Welcome to our inaugural Patient e-NEWS the official newsletter of North East Physiotherapy – Donaghmede and Drogheda. We hope this newsletter helps keep you up to date with the latest news in rehabilitation, injury prevention and health services provided by North East Physiotherapy – Spinal & Sports Injury Clinics

4 of the Best Injury Prevention Tips for Runners

With the warmer weather starting, the amount of runners taking to the streets is hard to miss, and the thought of summer holidays starting - many of us are either increasing our training or looking to increase our activity – especially running training – so to help you stay moving and injury free here are 4 Tips to Keep YOU injury free from the team at North East Physiotherapy – Spinal & Sports Injury Clinics:

Injury Tip One – Increase Slowly:

Many people get so excited by the warmer weather and impatient at their slow progress that they go from 3 months on the lounge to attempting a marathon in 4 weeks – this is a recipe for disaster. Make sure you increase your running and training times by small increments only – a 5 -10% increase in either distance or time each week is plenty and will ensure you stay pain free. One of the biggest predictors of injury in runners is rapidly increasing training volume – the more training you do the greater the risk it is simple maths.

Injury Tip Two – Check your Shoes:

Many people get excited about starting a training program however they make the mistake of grabbing their favourite pair of court shoes (a favourite shoe worn by teenagers – not marathoners) and then wonder why they get foot, knee and leg pain 2 weeks into their program. Make sure you get a good pair of running shoes **BEFORE** you start your training program – It is not necessarily the more expensive the trainer, the better. Every person has a different running style with different foot-types. So if unsure, get it checked with experienced Physios or podiatrists (preferably with running experience). Our staff are all 'runners' with years of experience and would be happy to help.

Injury Tips Three – Watch out for Hills:

Many new runners get injuries due to following a route that has too many hills in it – hill running is a great training tool but hills also cause incredible demands on the joints of the lower body and can accelerate injury risk in certain people. Try and stay on the flat for the first few months and then add some hills in as your fitness improves – it is better to be running on the flat than not running at all.

Injury Tip Four – Get a Check-Up

We mentioned a moment ago that one of the biggest predictors of injury is training volume – the other biggest predictor is past injury history. It amazes us here at North East Physio the number of people that had an injury at the end of their last training or sport season – and do not have any treatment or assessment on that area prior to starting next seasons training . The injury may have left some scar tissue, reduced range or muscle weakness that will greatly increase the injury risk when training resumes.

Free Injury Assessment Voucher

To help you stay active and exercising you are able to download a form for a FREE Injury Assessment pre-consultation screen from the team at NEPhysio – the voucher can be downloaded from our website at www.nephysio.com and will entitle you to a Subjective check-up to determine if Physio is the right course of treatment for you. Don't let pain slow you down – get an assessment today.

FREE Physio for Life Program at NORTH EAST PHYSIOTHERAPY

As a small business we are always appreciative of referrals from you (our current patients and friends) – and we rely heavily on your support. As a special thanks to all referrers we will send you a voucher for a FREE Physio session, FREE Massage Session or a FREE Biomechanical Assessment for every 5 people that mention you as the reason they came in to see us. Alternatively you are welcome to a 20% discount off your next session for any 1 patient that you recommend to us who mentions your name!

If a friend or family member mentions a pain or injury simply direct them to our website www.nephysio.com where they can download their FREE Assessment form and email back to us. Then make sure you tell them to mention your name when they come in – that way we can track your referrals and send you your reward voucher – thanks again for your kind words and help.

Strength Training Programme for athletes (who want to improve performance and remain pain free)

Injury Prevention Strategies

In each newsletter we will include a specific strengthening exercise aimed to improve athletic performance and help keep the athlete injury-free by eliminating muscle imbalances that often occur naturally but are made worse by the demands of a specific sport.

The ultimate aim is over time to create for our subscribers a strength-training program that is logical and easy to use but also effective in improving specific sports performance.



Dumbbell Press

Lie on your back with your feet on the bench. There should be a small neutral bend in the lower back so it doesn't touch the bench. A dumbbell should be held in each hand at chest level.

Press the dumbbell upwards to full extension. When full extension is reached, immediately lower the dumbbells slowly to the original position.

Repeat the movement, remembering the stable position of the lower back against the bench.



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Muscles Involved:

Primary: Pectoralis Major; triceps; anterior deltoid

Secondary: Biceps; Rectus Abdominis

Sports Focus

The muscles in the chest become fatigued by exercise in exactly the same way as do all other muscles, so developing these muscles through a simple exercise like dumbbell press is both easy and beneficial. This exercise recruits the abdominal group more than the barbell bench press because the torso requires stabilisation as a result of the independence of each dumbbell. This is important especially for **golfers** needing rotational control in the core. This exercise targets the pectoral muscle group and using the abdominal group as stabilisers. **The stronger the abdominal and pectoral group are, the better the posture of a distance runner in the latter stages of a race or training run**, as well as the cardiovascular benefit of improved respiration. The better the upper-body posture of a **runner**, the more efficient the gait cycle is, aiding the runner by not wasting precious energy on poor running mechanics. Its benefit for the **GAA/Rugby** players are obvious, giving necessary upper body strength for both catching balls and taking tackles. For this group of sportspeople, this exercise can be progressed by doing the dumbbell press on a gymball, which enhances the roll of the abdominal group as stabilizers for the exercise.



Feedback Rewards

As a way of continually trying to improve our service to all patients, we strongly ask you to comment on any feedback – good or bad, which may allow us to change or modify our practice. If there is anything you feel would benefit yourself or further encourage you or others to return, please let us know. As a thank you we are offering **2 FREE MASSAGE / ASSESSMENT VOUCHERS** in our Christmas draw to all who contribute.

We always welcome and encourage your feedback – all North East Physio patients (new and old) are encouraged to visit our website at www.nephysio.com and click on the “feedback” tab to register your feedback.

Conclusion

To discuss any of the points raised in this newsletter, please feel free to call, text or email us on **087 323 8633**, INFO@NEPHYSIO.COM or drop into the clinics and talk to us in person.

We hope this newsletter helps keep you up to date with the latest from North East Physiotherapy – we look forward to seeing you soon.

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