



Special points of interest:

- Spring is in the air
- Podiatrist/chiroprapist
- Common running problems—feet
- Bowen therapy (new treatment offered)
- Special Offers
- ITB syndrome (common running injuries)

Spring

Mar-May2011

Spring is in the air (well, soon, I'm sure)

Welcome to 2011, an exciting year for us in London, with the lead up to the 2012 Olympics Don't forget to register for the ballot online, if you would like tickets to any of the events.

March also brings with it the pre-London marathon injuries. This month is our busiest sports injury time, as those who are inadequately prepared, or those who have over-done it on their training, come to us for the quick fixes...

It's not too late to get things sorted out!! (Don't leave it until the week before please...)

1 month before ...

Right now you should be doing your long training days (18-22 miles) and then tapering down to relative rest the week before the race (*this means exchanging low-impact activities such as pool running, swimming, and cycling for your run*)

Start carbo-loading (pasta is an easy one) and make sure you are hydrated (no point in being carbo-loaded and dehydrated). Remember your body is 70% water!

Make sure you are getting enough sleep. Being sleep deprived doesn't help your body to function, nor your mind to keep focused on getting you through (especially when the going gets tough!)

London Marathon

April Massage offer:

Buy 4, get 1 free for all participants in the London marathon 2011

Please ask for details!



Podiatrist/Chiroprapist

PhysioEdge has a podiatrist/chiroprapist!!!

We are pleased to welcome Jeremy Coombe, an Australian Podiatrist, who will be seeing patients at both clinics.

He will perform routine podiatry on the usual, often troublesome foot problems—corns, calluses, bunions, heel pain, flat feet, plantar fasciitis among others.

He will also perform biomechanical assessments, prescribing orthotics where necessary, or tweaking current orthotics to improve gait and decrease problems/pain.

Running-related foot problems

Plantar Fasciitis

Symptoms of plantar fasciitis include pain at the bottom of the heel or in the arch, especially when standing or walking after sleep/sitting more than 20 minutes. Pain is also worse after longer or more intense running efforts. The pain is felt more in the heel than the arch. Self-treatment includes icing the area for 10-15 minutes twice a day until pain free; calf-stretching exercise; and an assessment by the Podiatrist.

Morton's Neuroma

Morton's neuroma is an over-use injury where one of the nerves in the foot becomes inflamed or enlarged. The symptoms include pain or burning under the ball of the foot, with numbness, tingling, or burning extending to two toes (usually the 3rd and 4th toes). The marathon can aggravate the condition, flaring up the symptoms. If you feel you have Morton's neuroma, consider getting one of our team (Podiatrist or Physiotherapist) to review your shoes and your running style.

Metatarsalgia

This term simply means pain of the metatarsal joints of the foot (mainly felt under the ball of the foot, near the base of the second toe, and may feel like you are stepping on a stone). Pain is felt near the start and again at the end of the run. Hills and speed work can aggravate the condition. One of our team will guide you through the rehabilitation and treatment process.

Metatarsal Stress Fractures

The 2nd and 3rd metatarsals are the most common to give rise to stress fractures. A metatarsal stress fracture usually occurs at one location on one metatarsal bone at any given time. The more fatigued the foot and legs are, the greater the risk of stress fractures. The symptoms of a stress fracture are pain with running, progressing to pain while standing or walking. The pain is felt more on the top of the forefoot rather than the bottom. You may notice subtle swelling on the top of your forefoot. If you suspect a stress fracture, seek professional help to make the diagnosis and guide your treatment.



New therapies—Bowen therapy

Besides offering new services like podiatry, reflexology, ayurvedic massage, lymphatic drainage massage, cellulite reduction massage and hydrotherm massage, we now also offer a gentle technique called

Bowen therapy.

This technique was started in Australia by Tom Bowen and has based its theories on other alternative medical systems (like acupuncture). It is now widely used all over the world, and in both the NHS and private sector in the UK. It is safe for anyone, even pregnant women, babies, the elderly and those with terminal conditions. It involves gentle rolling moves over muscles, tendons and ligaments and short breaks in between these moves, to facilitate the body to balance itself.

It has both physiological and psychological effects, especially to increase the ability to focus, improved coping skills, decreased anxiety, mood elevation and improvement of sleep. It also helps with bed wetting in children, and is safe to use on newborn babies (colic, poor sleep patterns).

Other conditions that Bowen can help with are plantar fasciitis, frozen shoulder, asthma, hay fever, headaches (especially migraine), chronic medical conditions, digestion problems, fibromyalgia, multiple sclerosis, post-surgery, chronic fatigue syndrome, water retention, gynaecological problems, constipation and diarrhoea... etc etc etc

If you are unsure as to whether Bowen can help your condition, please drop us an email.

"The will to win
means nothing
without the will to
prepare."

-Juma Ikangaa,

1989 NYC

Marathon winner



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Special Offers:

March:

- 20% off lymphatic drainage massage with Celia *
- Bring a friend for free (1st equipment pilates)*
- Buy 1 get 1 for 1/2 price on cellulite reduction massage/treatment wrap*

April:

- Buy 4 massages, get 1 free for marathon runners*
- 15% off pregnancy massage (mothers day special)
- Free 'sticky' mat with a course of 10 pilates equipment classes*

May:

- 10% off all massages before 16:00 on week days
- Buy a course of 10 equipment pilates, and get 1 free.*

* T&C apply

Common Running Injuries

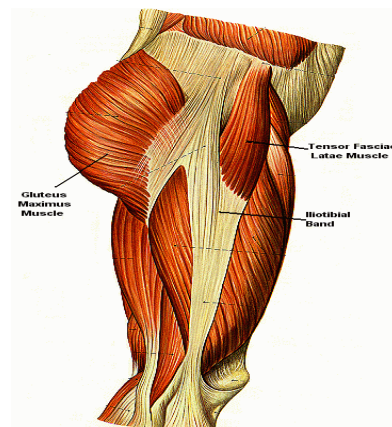
ITB friction syndrome in detail

Knee pain is another common running problem.

Iliotibial band (ITB) friction syndrome can be one of the sources. This condition is actually called 'runner's knee'.

Symptoms include pain on the outside of the knee, with or without swelling. The pain is worse when the knee reaches 20 degrees of flexion (bend), particularly during the process of impact of the foot during running. Shock transference to the knee when supportive muscle mechanisms are tiring, and running on sloping road surfaces are two potential marathon-specific factors that can lead to this condition.

Self-care should include ice massage for 15 to 20 minutes twice a day until pain free; new shoes (if your current shoes already have significant mileage).



nificant mileage).

Physio treatment includes a general hip-, thigh-, and leg-stretching program that focuses on ITB release, and associated muscle stretching. Acupuncture reduces

muscle tension and decreases pain, and taping helps to off-load the ITB itself, and decreases pain.

Biomechanics need to be assessed to see what has caused it, and these also need to be corrected! The Podiatrist or Physiotherapist will assess your gait, and if new shoes are needed, they will inform you. The Podiatrist may prescribe orthotics for you.

The condition can be treated successfully, but if you don't take away the cause, it is likely to return!

Enjoy the spring, and happy training!

Yours in painlessness...

Gill

