Call (08) 9534 4111 or make an online booking through Health Engine





TRAVEL DESTINATION:

CROWN RANGE - NEW ZEALAND

JUNE NEWSLETTER

Phy sio Tips for Better Running

Distance running can be surprisingly complicated sport. I n this article, w e offer some w ords of Entering an event is a great way to set a w isdom from our phy siotherapists specific goal and keep you motivated. to help y ou get the most out of While trying to increase distances and y our training and av oid injuries.

Choose y our shoes carefully:

Repeated stress from running long distances show will up biomechanical flaws in your body relatively quickly. Choosing the wrong shoes can exacerbate an existing problem causing pain and injury. Your physiotherapist can guide you on what style of shoe will best suit you.

Don't neglect y **our upper body**:

While running can appear to be a purely leg based activity, increasing the strength and mobility of your upper body can have a surprisingly large impact on your posture, running style, breathing and overall performance.

Find time to train strength as w ell as endurance:

Your body is great at finding ways to compensate for weak muscles, however, over time this can lead to overuse injuries of tendons and muscles. Identifying any areas of weakness early and specifically strengthening these muscles can both improve your running and help keep you injury-free.

Pace y our progress:

speed, it is easy to forget to include rest days as a part of your routine. Your body needs time to recover and restore itself, just as much as the active portions of your training program.

Increasing your speed and distances gradually also allows your body to adapt to new demands without breaking down.



Enjoy y our training and listen to y our body:

Your body will guide you as to when you need to rest and when you can push a little further. Training will be more enjoyable when you are wellrested and pain-free. Most importantly, if you are able to enjoy your runs, this will help you maintain motivation over a longer period of time, so you can continue for many years to come.

Ask y our phy siotherapist for more tips on how to reach y our running goals w hile stay ing injury -free.





- 1. How does a dog cross a river without getting wet?
- 2.What has a bed but never sleeps?
- 3. What is harder to catch the faster you run?



Focus: Can Stress Affect My Pain?

A common fear for patients when discussing pain is the idea that their symptoms are 'all in their head' or that they won't be believed either by family, therapists workplace. This fear can be worse when there appears to be no obvious cause for their pain or it has been present for a long time.

What is pain?

Many of the models used in the past to explain pain lead us to believe that the intensity of pain will always be proportional to the severity of an injury. The experience of pain is always real and usually distressing. However, pain is a warning system used by our nervous system to alert us to danger, not a direct indicator of damage done. This is a subtle, yet important distinction meaning that the experience

different factors and not exclusively tissue damage.

Howcan stress impact pain?

Part of the role of your nervous system is to sort through a huge amount of sensory input and interpret it in a meaningful way. When pain is considered to be a serious threat to the body, the intensity of the pain will be worse.

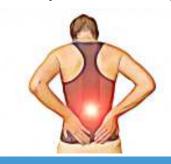
This can happen in many situations, for example:

- -The source of the pain is not well understood, leading to fear that the pain might be something very serious. -The nervous system is in a state of hyper-arousal, such as when you are stressed or tired.
- -The pain or injury could have a significant impact on your quality of life, career, relationships or hobbies.
- -The injury occurred through a traumatic event such as a car accident.

of pain can be influenced by many What does this mean for my treatment?

Along with all our more traditional treatments, we also know that stress reduction strategies, mindfulness addressing any emotional trauma associated with pain can all help to aid recovery and improve quality of life. Your physiotherapist is a great person to speak to about pain management strategies so you can get the most out of your life while dealing with long-term pain.

None of the information in this is a replacement for newsletter proper medical advice. Always see a medical professional for advice on your individual injury.



3. Your Breath

Answers:

Strawberry & Parmesan Salad

Ingredients:

- 4 cups Mixed Salad Greens
- 8 Medium Strawberries
- 1 Medium Avocado
- 4 Tbsp. Roasted Sunflower Seeds
- 2 tsp. glazed Balsamic Vinegar
- 2 Tbsp. Coconut Oil
- 1 tbsp. Lemon Juice
- 50g shaved Parmesan Cheese



- 1. Place greens in a large mixing bowl. Slice strawberries and avocados and add to the bowl along with roasted sunflower seeds.
- 2. Mix coconut oil and lemon juice and spread over salad. Sprinkle Parmesan cheese on top.
- 3. Drizzle balsamic oil over the salad, serve immediately.

Serv es tw o.



66 Cobblers Street, Falcon WA 6210 For an appointment call (08) 9534 4111

Lakelands Physiotherapy & Allied Health Shop 32, Lakelands Shopping Centre 49 Banksiadale Gate Lakelands WA 6180

PH: 9542 9999

admin@miamiphysio.com.au www.miamiphysio.com.au

