

Sports Focus Physiotherapy Newsletter

November 2020



Our focus is you.



Featured Blogs

Everything you need to know about changing your training regime

Ben Siu

EMPLOYMENT OPPORTUNITIES:

Physiotherapists and exercise physiologists wanted

The countdown to pre-season is on...here's how to prepare

Lachlan Mollica

Women's health physiotherapy and exercising during pregnancy

Vanea Atwood

CBD WYNYARD | CBD 428 GEORGE | LIVERPOOL | NORTHBRIDGE | CASTLE HILL | WILLOUGHBY | MT PRITCHARD | MACARTHUR

9262 4147 | 9223 3122 | 9601 8411 | 9958 8986 | 8850 0797 | 9967 0013 | 8786 0666 | 4601 7011

 www.sportsfocusphysio.com.au

 info@sportsfocusphysio.com.au

@sportsfocusphysio 

Sports Focus Physiotherapy 

TISSUE ADAPTATION, INJURY PREVENTION AND RECOVERY

Ben Siu

Sports Focus Physiotherapy Partner and Principal Physiotherapist

The year that has been 2020 has been challenging in many ways for us all. Many of us, however, have taken the opportunity to take on new physical challenges - new exercises, new sports, renewal of pastimes from our youth, online exercise classes, push-up challenges, body building and weight loss programmes, landscaping! DIY! - just to name a few.

At Sports Focus Physiotherapy we wholly applaud those of you who have taken on new physical challenges to maintain your well-being, to improve your physicality and mental health, to meet new goals for yourself, and to discover capabilities and capacities you didn't think you could achieve in the past.

We humans are adaptive creatures both mentally and physically. Isolation, working and playing from home, and the "new normal" has especially required us to be.



One of the things we have been seeing in our clinics is injury and pain syndromes related to taking on too much too soon or taking on activities that our bodies are unaccustomed to or that our bodies haven't been used to for a long time.

- The fit 3 day per week rower who thought that also sitting all day being an investment banker from home needed some running activity (good thought) but ran seven days straight, not having run in years.... A strained hip flexor causing pain just to walk the consequence.
- The student who during isolation, thought that getting to 300 push-ups in two weeks (from a base of...none) weeks of rehabilitation with a rotator cuff over use pain syndrome.
- The many elderly clients who, during the bush fire water restrictions, hand carried buckets of water to their beloved vegetable gardens (bless them) ... strained backs and physio!! (1 litre = 1 kg, 15 litres =)

Our tissues are adaptive. The adage, “what doesn't kill us will make us stronger” is true, but, with conditions. If we train, we get stronger, fitter, able to endure more. On the other hand, if we don't train, we get fat, weaker you get the idea.

Anything we do routinely and regularly is a form of training which will bear fruit, good or bad in our tissues.

Exercise /training is a stimulus to our soft and hard tissues. **We don't get stronger and fitter during our training activity.** Our tissues respond to repeated exercise sessions **when we eat and rest** – it's like lobbying your local member of parliament – writing many letters and making many calls will get a response over time (maybe), but one passing comment in the street will definitely fall on deaf ears.

That is, exercising regularly is lobbying your body's 'government' to send resources to your tissues – e.g. more muscle fibre growth, cardiovascular improvements, tendon resilience to impact and propulsive activities

Our tissue adaptation follows our exercise like its being pulled along by a rubber band - *it follows BUT...*

If we do not let our bodies adequately rest between exercise sessions,

or if we increase our loads too steeply in too short a space of time,

or if we do an activity that our bodies have never done before or haven't done in a long time (including an extended period away from an activity we usually do)

OUR TISSUES MAY FAIL BECAUSE THEY ARE NOT YET UP TO THE TASK - i.e. INADEQUATE TISSUE ADAPTATION - we can “snap the rubber band” and injury or pain syndromes can result.



The trick is ...

1. **Introduce new activities gradually or in components**
2. **Make sure you have the right exercise equipment (e.g. running shoes in good condition, or new ones if need be)**
3. **You understand the new activity - you've researched, sought coaching or introductory advice**
4. **You increase your activity gradually.**
5. **Cross train – stretch / strength/ endurance to increase parts of the new activity you aren't adequately prepared for**
6. **Seek physiotherapy advice early, rather than later – your return to the activity you love will happen quicker.**

Good luck with all your new adventures and challenges this year. If you want some solid advice and support in taking some of these on, **call us at Sports Focus Physiotherapy.**

PREPARING FOR YOUR NEXT PRESEASON

Lachlan Mollica

Physiotherapist



COVID-19 has impacted sports at all levels. Professional sport to Junior and amateur, no sport was safe. However, as life slowly gets back to normal, the time between one season ending and the next starting is now closer than ever! No matter what sport you play, the 2021 season is fast approaching, and now is the perfect time to prepare!

Whether it was a niggly hamstring, clicky and painful knees, stiff backs or cramping calves we all have aches and pains that occur during games and unfortunately injuries do occur. Preseason is the perfect time to condition your body for the upcoming season.

Wondering How to prepare yourself for next season? Well Here are 3 tips and tricks to help make next season a healthier season.



- 1. Maintain your fitness!** If you play a sport that involves a lot of running such as soccer, rugby league, netball etc. It's important to maintain your level of fitness so when training starts again you're not blowing too hard!
 - The higher you maintain your level of fitness the more you will gain out of your preseason training.
 - 2-3 weekly runs lasting for 30mins at your local oval or around the block is a handy way to keep distance in your legs and continue to improve your level of fitness while allowing the body to have some time off to recover last seasons.



2. Increase your Mobility! Preseason is the perfect time to increase your mobility. Pre-season is the time when you have the most free time away from training to shift your focus away from skills and high levels of running to working on those areas of stiffness and tightness. Mobility can be improved multiple ways

- Stretching for 30 seconds-1 minute a couple of times throughout the day
- Foam rolling for 5 minutes a day can drastically improve your muscle length and flexibility.
- Yoga! A great way to improve overall flexibility and muscular strength, and a nice way to spice up your exercise routine! (take advantage of those free month offers on yoga app on your chosen app store)

3. Work on areas of weakness and imbalance.

Pre-season is the best time to increase muscular strength, so take advantage of this time to improve previous areas of weakness. Muscular strains (e.g Hamstring strain) are preventable and commonly caused by muscular weakness and imbalances, a couple of things we as physio's look at when assessing your risk of muscle injuries are;

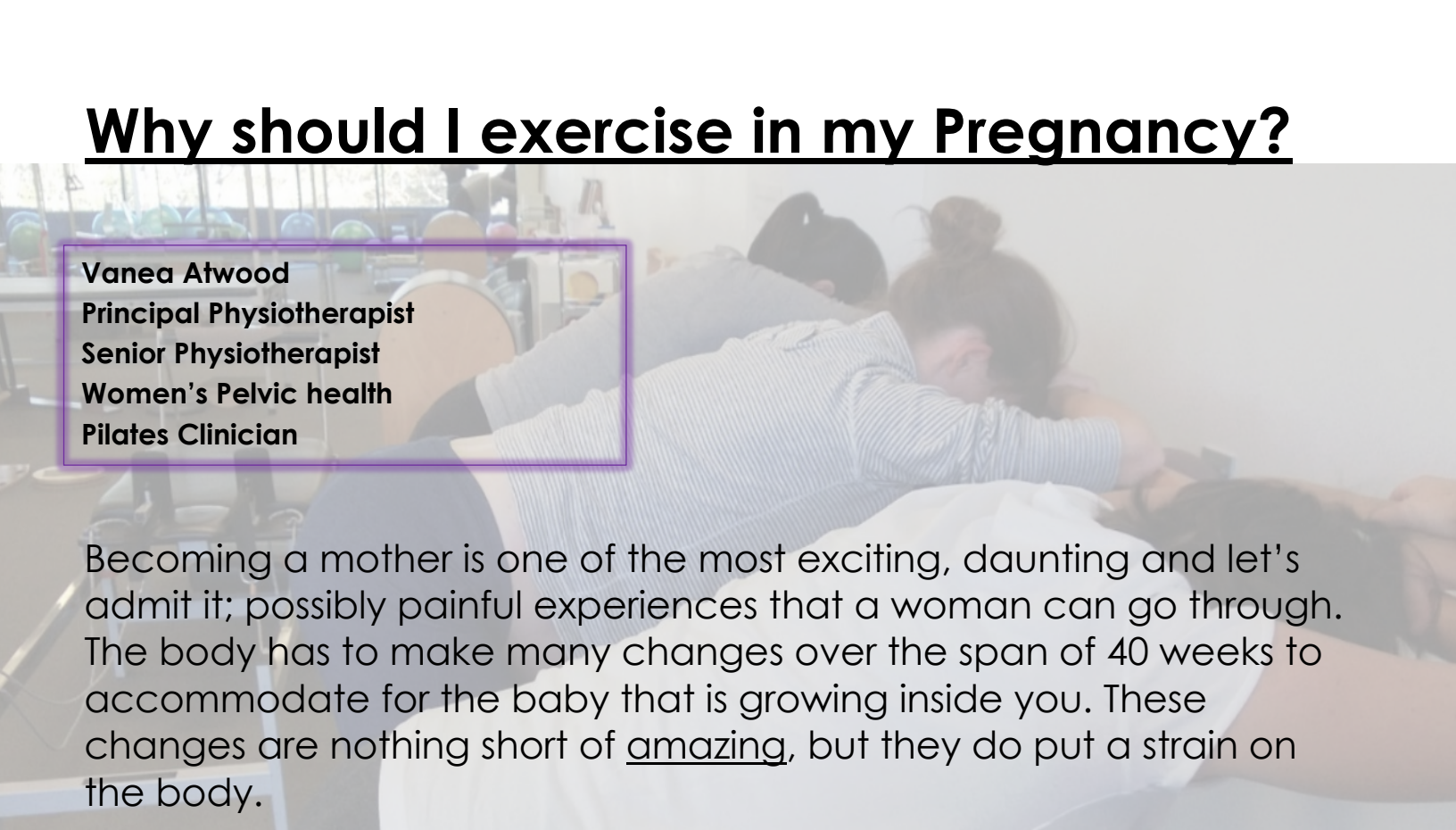
- Can you do 25 single leg hamstring bridges?
- Can you do 20 single leg calf raises?
- Can you do 20 Single leg sit to stands (without hands)?



If the answer to any of these is no then there is always room for improvement! The great thing is you can use these tests as exercises to increase your strength in these areas! Just start by doing the above exercises twice a week and watch your strength improve!



Why should I exercise in my Pregnancy?



Vanea Atwood
Principal Physiotherapist
Senior Physiotherapist
Women's Pelvic health
Pilates Clinician

Becoming a mother is one of the most exciting, daunting and let's admit it; possibly painful experiences that a woman can go through. The body has to make many changes over the span of 40 weeks to accommodate for the baby that is growing inside you. These changes are nothing short of amazing, but they do put a strain on the body.

To promote a healthy pregnancy and minimise risks during childbirth, it is important that you look after yourself during your pregnancy.

Despite the changes in your body, exercise is still important. Some studies have suggested that exercise during pregnancy will help with an easier and shorter labour and birth, fewer caesarean surgeries, a quicker recovery afterwards and a quicker return to your pre-pregnancy weight, not to mention a healthier feeling pregnancy.

Get to a prenatal class to correct and strengthen your posture for pregnancy and Motherhood!

So, now that you've decided to exercise what comes next?

First of all, you need to exercise on a regular basis...

One of the things that you need to determine before you get started is where you are fitness wise.

If you were previously a couch potato this is not the time to take up a new sport. However, all is not lost. There are several exercises that you can do while pregnant, even if you were previously sedentary. These would generally be walking, swimming, and specialised pregnancy exercise classes.

Our women's health Physios can help you decide on what local programs will give you the most benefit. The key, as with any exercise in pregnancy, is to take it relatively easy and to listen to your body. If you have been a 'gym junkie' or regular exerciser, come in and get your exercise options checked or modified as necessary. Call our Northbridge physiotherapy practice on 9958 8986 or our Liverpool physiotherapy rooms 9601 8411 for your personal assessment.

Some common conditions women may experience during pregnancy include:

- Upper and lower back pain and neck pain
- Stress, anxiety or depression
- Pelvic girdle pain -pain around or into the hips
- Bladder upsets – pelvic floor problems
- Sciatica
- Gestational diabetes

Thankfully, you can effectively address these issues by seeing a Women's Health physiotherapist during your pregnancy. We have trained and experienced prenatal physiotherapists here at Sports Focus, who will provide you with a full assessment and exercise prescription or treatment plan.

Every woman's body is different, and no two pregnancies are the same. We take a personalised approach to prenatal physiotherapy to ensure that your individual needs are being met. This ensures that any treatment or advice you receive is safe and effective for you.

Exercising during pregnancy has great benefits, such as lowering the risk of the conditions mentioned above. Regular exercise can help keep your mind and body healthy during and after pregnancy.



Are you already halfway through your pregnancy by now and wondering whether you need to change your exercises or is it too late to even start exercising?

It's never too late, come in and we can

- Help with exercises to help prepare you for labour
- Teach you how to look after your back and posture
- Explain what you should be doing for your pelvic floor muscles

Get a pregnancy check-up consultation at approximately 14 weeks and again at 20 weeks to review your changing shape and assess your Pelvic floor muscles

We will determine your best exercise and care options going into your 3rd trimester; and this is a great opportunity to ask our Women's Health physiotherapist about any back or pelvic concerns you may be experiencing.

Whether you are a first-time mum or a 2nd or 3rd time vaginal or 'C' section mum you will benefit from an individualised assessment and specific exercise program for your needs.

Book your pregnancy consultation now!

For more information on pregnancy check out the 'pregnancy' page on our website.



Sports Focus Physiotherapy has small group pre-natal Pilates classes at Northbridge for women 12-38 weeks pregnant. Our physiotherapists who have experience in a wide range of Women's Health problems including knowledge to help you through a smooth pregnancy; will progress you through stretches and strength exercises – using mat, gym ball and small apparatus.

The class is \$35.00 per class or prepay your program and save – just \$150.00 for 5 weeks!

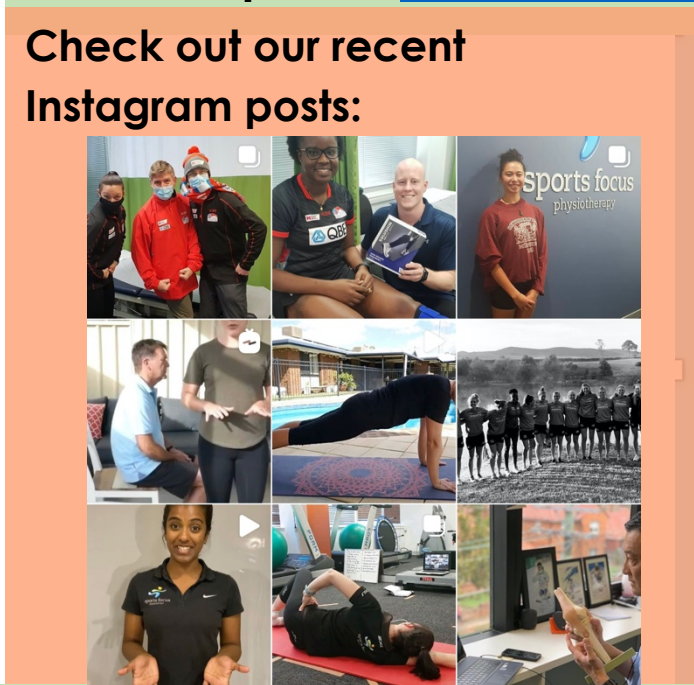
**All of our Sports Focus
Physiotherapy locations are open
and here for you.**



**Exercise Physiologist and Physiotherapist positions
available:**

**Please see job description details on our webpage under the
careers section.**

Email enquiries: anita@sportsfocusphysio.com.au



For your safety and the safety of our
staff

**Please remember your masks
when you attend any of our
clinics.**

Stay up to date with our recent blog posts on our website:

<http://sportsfocusphysio.com.au>



Hydrotherapy in Sydney

[Read More >](#)



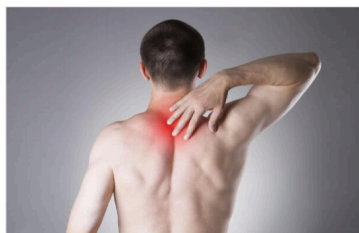
Benefits of Hydrotherapy

[Read More >](#)



Physiotherapy for Golfers

[Read More >](#)



**Thoracic Spine and
Shoulder Pain**

[Read More >](#)