



THE RUNNING CLINIC[®]



THE PHYSIO CLINIC

Movement Health Performance

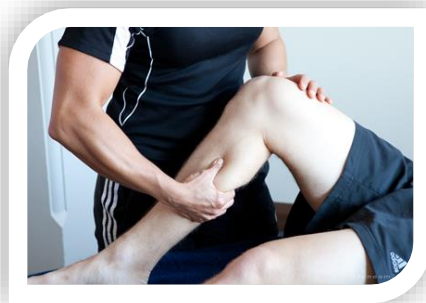
Keeping Things Going

Cross-training

Cross-training is the participation in another kind of activity such as cycling, swimming, a fitness class or strength training, to supplement your running. It can build strength and flexibility in muscles that running doesn't utilize. It can prevent injury by correcting muscular imbalances. But cross-training is useful for so much more than just injury prevention. It can be used to rehabilitate injuries, improve fitness, promote recovery, enhance motivation and rejuvenate the mind. The good news is that you don't have to do lots of different kinds of cross-training to get the most out of all these benefits. You can enjoy them all by supplementing your running with a little strength training, flexibility training, and endurance cross-training (for example, cycling or swimming). So, what are you waiting for!

Sports Massage

Not only does it feel great, but it can also speed recovery, reduce muscles soreness, and facilitate injury healing. Getting a monthly 'maintenance' massage can help prevent injuries by catching tight areas before they become problematic.



Foam rolling

Several products have come to market that help runners perform self-massage, such as foam rollers and various balls and sticks. If used properly, these tools are a great way to tend to your particular trouble areas, in between seeing your massage therapist.

Importance of rest days

- **Injury prevention** – Rest days prevent overuse. If you're a regular runner, you know how much your legs and feet can take until you just need a day off. If you push it too hard without a break, your muscles and joints suffer from overuse and that's where injuries can creep in.
- **Your performance won't dip** - In general, it takes your body almost two weeks of non-activity before you start losing a noticeable amount of your progress or performance level. Don't think that taking a day or two off from training will set you back all that hard work you've put in.
- **Mental edge** - From a psychological standpoint, taking a rest period can rekindle your hunger for exercise and help prevent burnout. Mental fatigue can be every bit as detrimental as physical fatigue and taking a rest day helps to recharge.
- **Your muscles need rest** – Without a proper period of rest for your immune system to repair and grow the muscle, you're not going to get the benefit of your training. That's why it's important to listen to your body and take rest days so your muscles can recover and rebuild.

Physiotherapy

Have you picked up an injury during your training? Come and see one of our Physiotherapists at the clinic! We use a combination of manual therapy and hands on treatments with structured exercises and practical advice. Some of our treatment modalities include:

- Acupuncture and dry needling
- Electrotherapy – Ultrasound, Shockwave, TENS, Compex
- Manual therapy, Massage and fascial techniques
- Taping – Kinesiology and traditional tape
- Manipulation and joint mobilisation
- Clinical Pilates



Sports Massage

Sports Massage treatments vary according to when and why you are seeking treatment. In general, there are five main types of treatment:

- Pre-event Massage
- Post-event Massage
- Maintenance Massage
- Injury Treatment
- Wellbeing/Postural Corrections

As mentioned earlier, Sports Massage is great recovery and reducing muscle soreness. (And it feels great!)

Running analysis

Would you like to run faster, more efficiently and prevent injury? Come and have your running assessed with us at The Running Clinic. We look at your movement and running technique using video analysis, to identify your weaknesses. From there we can offer a series of coaching and retraining sessions to help you get the most out of your running

Strength & Conditioning

Strength training is vital for maintaining running efficiency and preventing injury. At the Physio Clinic our S&C service includes:

- A detailed assessment and planning session
- Programs designed to minimize your risk of injury
- Tailored programs for all levels of fitness
- Training regularity to suit your circumstances
- Multiple workouts each month to keep you interested!