

# Physiomatters

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## Standing in the Hall of Fame...

When people ask, “What do physios do?” – they are typically given a technical reply about releasing muscles and mobilising joints, using exercises for rehabilitation. In our case, we’d talk about how we use the Integrated Systems Model (ISM) to work out what the underlying root cause of your pain is by analysing your meaningful task then, through a clinically reasoned biomechanical assessment, we would work out what region of the body is really driving your problem.

Phew! Sounds complicated right?

But what if I was to say that what I believe I do is to enable my clients to be able to engage in the activities or pass-times that they are passionate about.



They come to see me because they feel that it is their body that is holding them back. Something is affecting their lives in a way that is significant enough that they would seek out help.

How can I help? In the last issue I talked about ‘solving the problem’ – this time I’d like to focus on the outcome.

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Solving the problem, giving you a diagnosis, naming the exact injury – that is all part of the journey but not what I consider to be the crucial piece in the jigsaw. Knowing you have XYZ ‘injury’ doesn’t help you reach the outcome of living, pain free. We have to work together to determine how we enable you to work with your body and within your lifestyle to correct and re-educate your brain and your body so that it is no longer the limiting factor to you living your life the way in which you desire.

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## What is Strength & Conditioning?

**Tom Neal** is one of our Sports Rehab Therapists. For the last 5 years, he has worked as a Personal Trainer, specialising in strength and conditioning for endurance and team sports athletes, working with a variety of abilities from complete beginner to elite level. Here he talks to us about the benefits of Strength and Conditioning (S&C) as we launch our new S&C Class.

### What is Strength and Conditioning?

Strength and conditioning (S&C), is NOT about lifting weights to become big and strong, but rather to help decrease injury risks and improve sporting performance. The emphasis being on conditioning the body to undertake and adapt to the demands that are put upon it while undergoing physical activity. S&C develops and improves the body's resilience to injury by creating small managed stress loads upon the structures of the muscular skeletal system, that the body adapts to and recovers stronger from.

### Should I be doing Strength and Conditioning?

Yes! S&C isn't just for elite athletes but for all ages and abilities, whether you are wanting to help prevent injuries occurring or improving your physical performance to beat your personal best at the local park run. S&C should be a part of all training programs, no matter the level – from amateur to elite.

### What should I expect from the new S&C Class at the Practice?

The S&C session will introduce you to basic exercises that are fundamental to optimal movement patterns and load transfer during sports and exercise. After a thorough warm-up, the main part of the session will focus on movements and exercises to test your physical strength, balance and proprioception. The small class size means that you will receive coaching from the therapist on correct technique and movement patterns. Finally, to help increase mobility and decrease muscle stiffness, time will be dedicated to stretching and cooling down.

### Will this make my body ache?

Like any training or physical exertion, you may experience some muscle stiffness and soreness following on from these sessions. However, it doesn't have to be "no pain, no gain". By developing skills such as proprioception and balance you can achieve great performance benefits and injury prevention without sustaining muscle soreness.

### Will this help me tone my muscles or build them?

This isn't the main purpose of S&C. It is more so to condition the body for the training load you are undertaking. This does not mean that as a side result you will not achieve some muscle toning and shaping, but understand that if toning and shaping muscles is your soul objective targeted, S&C classes will not yield optimal results.

### Should I sacrifice a weekly training session in place of Strength and Conditioning?

Whilst there is a lot to gain from implementing S&C in your training program, simply adding S&C to your training may not be optimal – whether this be for time management or over-loading the body with increased training volume. Consider swapping an existing training session in place of an S&C, for example, if you run 4 times per week try running 3 times and add in one S&C session. By doing this you will allow your body to adapt efficiently to the new training stimulus, rather than overworking the body, which in turn will mean you won't recover from training.

### Would I need to have an assessment to see if I'm suitable for this class?

If you are new to exercise, or recovering from an injury, it is worthwhile determining what aspect of S&C you need. If you are currently in an acute stage of injury, the S&C class may not achieve optimal rehabilitation of the injury. However, in later stages, these S&C classes are ideal to bridge the gap between injury rehabilitation and return to full training. If you are unsure about whether the class is suitable for you, book in to speak with one of our therapists for further advice.

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### Our new S&C Classes run at various times each week.

For further details or to book your place, please get in touch on **01274 565669**, [office@bingleyphysio.com](mailto:office@bingleyphysio.com) or via our Facebook page.

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# Run Simon, Run

Simon Frazer came to the Practice in 2014 with an injury that impacted his training for his first marathon. Here he talks about why running is such an integral part of his life and how he's using physio to take his performance to the next level..

I took up running to get a baseline of fitness; I couldn't run far without stopping and getting out of breath. My wife challenged me to the Great North Run - which I managed in just over two hours. Then, after a couple of years of running on my own I joined a club and started taking it a bit more seriously.

Like most new runners who join a club, you get very excited. You get carried away. You can think you're invincible. So, after running on my own with no injuries or problems, I was getting more competitive and training harder and I found I started to break as I stepped up to try and do a marathon.

I never got what I call a major injury, but I found that I got twisted and that led to foot problems and my joints just cramping up. Basically, I got to the point where I couldn't run.

I had to stop and completely abandon my first marathon attempt because I had over trained. I was devastated and worried about how quickly I'd recover and about losing fitness - you train hard to get this level of fitness and then you take a couple of weeks out and it quite rapidly declines. It goes quicker than it comes.



I came to physio as an emergency - an SOS really to try and get me running again.

With Jacqui I've been very lucky to have somebody that can diagnose a problem and what was causing it. For me it was understanding that what's happening in my neck, or my shoulders, and spine affects my hips, knees, and ankles. It's all connected as one chain really.

More importantly, is actually being given two or three very specific exercises; I did them every day and I got the benefits.

A few months later I did a marathon - my target for that race was under 3 hours 45 minutes; below three thirty, ecstatic; below three twenty, just buzzing. So, I just went out and it felt good; after having that rest and looking after myself - my time was 3 hours 15 minutes!

I've taken that approach going forward and I've generally PB'ed in most distances every year. I just keep on improving, knowing when to cut back and that you're better avoiding those big races, to keep training and not have the gaps. Then you get the overall benefits. In the last few years I've had no big gaps in my training - I've had to cut down, but pretty much I've trained consistently.

It's getting the balance between hard running and running sensibly. I know if I race too much and run too hard I don't get injured as such, I get twisted. My muscles get shortened and I start to get pain and discomfort. So, it's just training sensibly. Listening to your body. Knowing when to take a break. But making sure that you make some adjustments. I do strength training now to augment my posture and core, which I think is key for runners. And doing a couple of specific drills and targeted exercises keeps everything aligned and reduces injury.

It's preventative physiotherapy I'm having. So, I can carry on doing the thing I love. Just getting faster despite getting older.

I see the 'old Simon' joining the running club every year - they come along, they over train and push themselves too hard and their fitness improves faster than their skeleton. I know they're going to break.

I would say play the long game. Be smart about your training. Don't push it too hard too early because being impatient will not get you there. It's about making sustainable, incremental changes and you'll be there for the long game.

Some people nail it and they do amazing times and then other people break and give up on running.

I would have broken. Given up. Without a doubt.

The goal for me now is to keep enjoying it, getting out there, getting the weekly mileage up, but staying injury free.

## SKINNY BOB'S CORNER

The heart is the hardest-working muscle in the body. It pumps **5 quarts of blood** per minute and **2,000 gallons** daily.

The gluteus maximus is the **body's largest muscle**. It is in the buttocks and helps humans maintain an upright posture.

The ear contains the **smallest muscles in the body** alongside the smallest bones. These muscles hold the inner ear together and are connected to the eardrum.



# Hall of Fame

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I have the privilege to work closely with so many incredible, interesting and extraordinary people; helping them to achieve their goals, whatever, they may be. I am continually inspired by the amazing successes of my clients, and how diligently they work to accomplish them.

By that I mean all my clients; not only Lizzie who wants to dive off a 10m board; or Simon who can run a marathon in 3 hour 15 minutes; but every single person whom I have had the pleasure with which to work; accomplishes whatever has meaning for them; who strive to get back to where they want to be.

## Introducing our Hall of Fame.....

I had the idea of a Hall of Fame when we moved premises last year – to invite our clients to share their wins and successes; to be an inspiration to others. We have a lovely, spacious reception now where we can showcase all your amazing achievements.

Furthermore, we can relive that joyous feeling of happiness and warmth that we felt when we first learnt that we can help our clients reach their goal.

That's the outcome we are striving for.

So that is my invitation to you all. Would you like to share your success and wins and be in our Hall of Fame? We're not looking for Olympic athletes or record breakers. We want you!

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*My goal is to fill the wall in reception with photographs of all the wonderful people that I have worked with. To be inspired every day as I recall their stories and share their success with others.*

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To inspire the next person who walks along our reception corridor, unsure if they will ever be free of their hip pain, even after the operation; or to be able to put their socks on without their back hurting, or run the parkrun without the Achilles pain.

Simon, our client story in this issue, is one of those very people who inspires me with his commitment and continual progress, as with all the stories from previous issues.

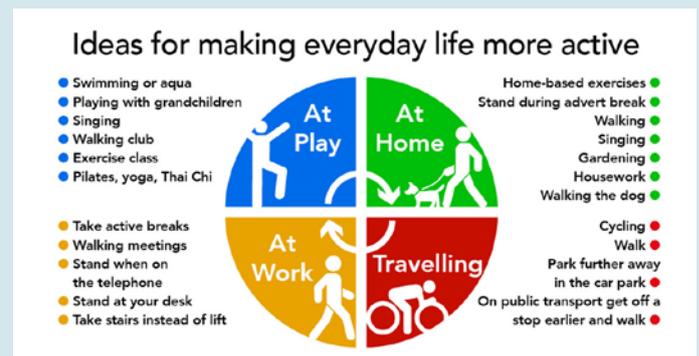
Do you have that story? Are you further ahead of that person on the path and can you tell them that they will get there?

My goal is to fill the wall in reception with photographs of all the wonderful people that I have worked with. To be inspired every day as I recall their stories and share their success with others.

# Make Every Day an Active One

Physical activity is one of the best ways to prevent disease or injury. Most of us already know this but we sometimes put off making changes to our lifestyle. If you don't like 'exercise', here are a few ideas of how to be more active and some great reasons to give it a go!

- **Improved mood and mental health:** Physical activity increases a release of endorphins (the happy hormones) and reduces cortisol levels (stress hormones) so it can help in managing depression and managing stress levels. Exercising in a group and the socialising with others can also be hugely positive on your mood.
- **Improved cognitive function:** Dementia risk is reduced by up to 24% in people who engaged in moderate to high levels of activity.
- **Maintain healthy weight:** Exercise alone won't guarantee long-term weight loss, a balanced diet and behaviour change is also necessary, but it helps regulate your blood sugars, improve your glycaemic index and build lean muscle mass. Weight loss also reduces the load on your joints and risk of chronic heart disease.



- **Improved sleep and less fatigue:** As your fitness levels increase so your sleep improves.
- **Reduced chance of falls:** Exercise has been proven to reduce the risk of falling by as much as 21%. Doing specific balance exercises with daily activity reduces fall risk by as much as 49%.
- **Live longer:** People who exercise regularly can live for an additional 4.5 years compared to sedentary people.