

Core Therapy

Providing a Holistic and Professional approach to Sports Massage Therapy.

February 2016
Newsletter

www.coretherapy.co.uk



Marathon Issue

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Commit to strengthening your kinetic chain and you'll spend more time doing what you love...

If you're an endurance athlete, you have to take care of your kinetic chain, the muscle-tendon layer that supports all your bones and ligaments.

When you land while running, the force is approximately six times the force of walking. This loading force comes up through the foot, across the knee and into the hips and the back. The kinetic chain lessens the load on the skeleton. The stronger the chain, the less the skeletal load. Several studies have shown significant reduction in joint and bone loading force based on kinetic chain strength.

Remember that a chain is only as strong as its weakest link. Almost every injury, from plantar

fasciitis to hip stress fractures, has been proven to occur less often in the setting of a strong kinetic chain.

You can decrease your chances of injury by building your kinetic chain strength. Here's how:

- Commit to a 45 minute, full-body functional strength-training session twice per week in the off-season, once per week during the season. Functional strength means strengthening multiple muscle groups simultaneously, best done in a circuit or "boot camp" style. This should be the main workout of the day.
- Do yoga and Pilates, which deliver dynamic, movement-based flexibility for your whole body.
- Add intervals. Based on your current fitness level, add in a few speed pick-ups (even 20 seconds on, 10 seconds off) to bike or run workouts to maintain fast-twitch muscle fibers.

Commit to strengthening your kinetic chain and you'll spend more time doing what you love

Taken from triathlete-europe.competitor.com/2016/02/03

The iliotibial band is a strong, thick strip of fibrous tissue running down the outside of the leg. It provides stability to the outside of the knee.

ITB syndrome is a common cause of knee and hip pain in athletes, most commonly felt along the outside (lateral) knee and lower thigh during or after running; it can become chronic if left untreated. You can continue with any activity that doesn't provoke symptoms, so in this case swimming is fine. Running is usually the most aggravating discipline, so it's wise to reduce your run volume while you identify the underlying cause of the problem.

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1. The first possible cause is running mechanics: poor lower-limb alignment can overload the IT band, specifically if your knee collapses in on your landing foot.

2. Try to change your trainers regularly and keep your insoles up to date and refurbished.

3. Hip abductor weakness can also be a factor, particularly in the gluteus medius muscle that helps control and stabilise the pelvis as you plant your foot.

4. A sharp increase in training load or volume can lead to further problems, as can tightness in structures around the hip, including the hip capsule itself, adductors and other muscles around the pelvis.

To treat (or, ideally, prevent) ITB syndrome, try to incorporate the following exercises into your schedule:

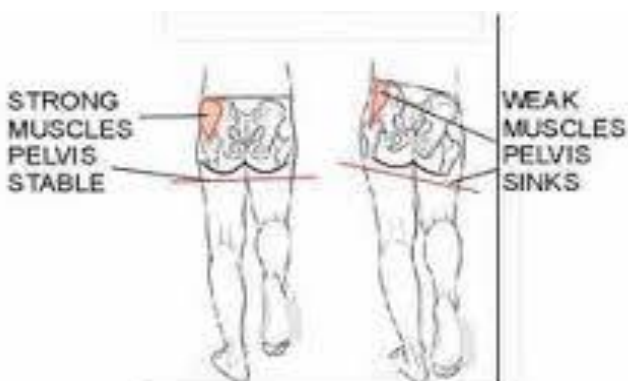
ITB foam roller: Lie on your right side with the roller just under your hip bone. Straighten your right leg, supporting yourself with your arms and left leg. Roll so the pressure moves down the outer side of your leg from hip to knee. Repeat on the left side.

Single leg squat for lower limb alignment: Simply squat while keeping the hip, knee and foot aligned. Squat down only as far as you can control the movement. Build up to 3 sets of 25.

The Clam for gluteus medius strength: This works the deeper glute muscles that help stabilise the pelvis and reduce hip drop. Lying on your side with your heels together and knees bent, raise the upper knee, hold for two seconds then ensuring you work the glute and keep the pelvis still throughout, with no rotation. Progress the exercise with the leg in different positions, and using a resistance band. Build up to 3 sets of 20.



1. Running should only take place if there is no pain. Decrease mileage or rest and do not push through it. We want to encourage the recovery not slow the recovery process.
2. Warm Up- Walking first then gradually increasing speed on flat terrain.
3. Make sure shoes are appropriate for your mechanical patterns and are young enough to reduce the impact through your joints.
4. Increase gradually - Use the FITT (frequency, intensity, time and type) principle-only change one of these at a time.
5. Fluid intake-make sure you are taking on an appropriate amount of hydration and consider increasing your protein intake while going through this rehab process.
6. Massage!! Most importantly this will help to mobilise and maintain optimum performance. It is all about prevention, prevention and prevention.



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Repeated for those training for 13.1 and 26.2

Find your way out of injury..

Pain and the brain: Pain feels like a distinctly physical experience, but it's interpreted and processed by the brain. That means the mind can play a critical role in determining to what extent a person gets injured. Overuse injuries have a lot to do with not paying attention to your body – not listening or trusting what your body is telling you. Compulsive training relegates important cues and so your injury gets worse and a three day rest turns into a six week lay-off.

Redefine injury and injury-free: The reality is that they are not two distinct states – there is a grey area. Just because you can physically run / bike / swim / garden / DIY through a niggle / injury does not mean you should.

Biomechanics and balance: At a basic level injuries are physical, a breakdown of bone, muscle, tendon or ligament. By adopting form that increases efficiency while minimising shock to the system we can increase our chances of staying injury-free. A muscle imbalance occurs when two or more muscles or groups that oppose each other are disproportionate in strength and/or flexibility. A weakness or tightness caused by a muscle imbalance can place undue strain on various joints and soft tissue, disrupting biomechanics and eventually leading to injury.

Stress and surfaces: Many other physical variables affect our ability to avoid injury. We neglect our glutes and tighten our hamstrings by sitting at our desks for hours. This tightens the shoulders and puts the hip flexors in a shortened state. Monitoring your posture, taking rest and regularly mobilising all assist in increasing the ability of your body to cope.

Push to Prehab: Pre-habbing an injury means recognising potential trouble and addressing it before it sidelines you - similar to practicing mindfulness. Be conscious of it, be willing to accept what the hot spot is telling you. Be willing to ask for professional help.

Dealing with Injury: After getting an accurate diagnosis from a professional, rehabilitation varies greatly from injury to injury. Three questions to ask:

- What is it?
- How do we fix it?

- And how do I make sure I never get it again?

Mapping out a cross training programme relative to your goals, keeping a healthy routine speeds up the transition back to normal activity or a new and better version of normal activity. Happy days are here again!

(extracted from Runners World, November 20

Stretching – 5 minutes to a happier body – just to remind you....

The solution for the time press athlete or stretching a resistant body/mind is to pick just one or two stretches and make them work harder by adding value! Regular stretching helps too; just five minutes a day is a great "happy body" recipe.

THE LUNGE STRETCH - WHY?

The Lunge Stretch targets the hip flexors. Your hip flexors also join your bottom half of your body to the top half of your body. The Psoas is considered to be a core muscle that acts as a keystone much like an arch will in a building structure. Our lifestyle of desk jobs, driving, running and cycling all contribute to short and/or tight muscles throughout our trunk. Stretching helps to lengthen the muscle fibres, increasing blood circulation and removing waste products.

So... lunge position - front knee over front foot, drop the back knee, tuck the pelvis under (by sliding a hand down the lower back, shoulders in line with hips). Check your form and position in a mirror if possible before raising both arms and pulling shoulders back and down.



IT Band variation – lifting the same arm as the front leg. Stretch up to the sky or ceiling. Breathe in and as you exhale tip slowly over to the opposite side

Sports Massage

Benefits and Effects

Sports Massage uses many of the characteristics of Swedish Massage whilst incorporating remedial and deep tissue massage techniques on specific troublesome or well used muscle groups. Although given the term "Sports", the massage technique is used for muscle problems whether incurred in a sporting event or through other activities such as gardening, decorating, DIY, etc.

Sports massage can be used before, during and after sporting events. The main emphasis on treatments is to maintain the body in good condition or to address specific needs where a client is suffering from aches and pains in certain muscles. When muscles have been overworked, causing soreness, stiffness, a sports massage can alleviate these conditions through boosting the circulatory and immune system thereby leaving the client feeling refreshed and relaxed.

Pumping – The stroking movements in massage suck fluid through blood vessels and lymph vessels. By increasing the pressure in front of the stroke, a vacuum is created behind. This is especially important in tight or damaged muscle tissue as a tight muscle will squeeze blood out like a sponge, depriving the tissues of vital nutrients and energy to repair.

Increased tissue permeability – Deep massage causes the pores in tissue membranes to open, enabling fluids and nutrients to pass through. This helps remove waste products such as lactic acid and encourage the muscles to take up oxygen and nutrients which help them recover quicker.

Stretching – Massage can stretch tissues that could not be stretched in the usual methods. Bundles of muscle fibres are stretched lengthwise as well as sideways. Massage can also stretch the sheath or fascia that surrounds the muscle, so releasing any tension or pressure build up.

Break down scar tissue – Scar tissue is the result of previous injuries or trauma and can affect muscle, tendons and ligaments. This can lead to inflexible tissues that are prone to injury and pain.

Improve tissue elasticity – Hard training can make tissues hard and inelastic. This is one reason why hard training may not result in improvements. Massage helps reverse this by stretching the tissues.

Opens micro-circulation – Massage does increase blood flow to tissues, but so does exercise. What massage also does is open or dilate the blood vessels and by stretching them this enables nutrients to pass through more easily.

Physiological effects of sports massage

Pain reduction – Tension and waste products in muscles can often cause pain. Massage helps reduce this in many ways including releasing the bodies endorphins.

Relaxation – Muscles relax through heat generated, circulation and stretching. Mechanoreceptors which sense touch, pressure, tissue length and warmth are stimulated causing a reflex relaxation.

Happy Days!

Wendy is a qualified sports massage therapist holding a Sports Performance Services Level 4 Diploma and a Level 2 Triathlon Coach Certificate as well as being a keen athlete herself.

Current Offer

3 x 45 minute sessions for £99

Or

3 x 60 minute sessions for £120 Tel: 01276 409996

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