

Welcome to our April Newsletter. In this edition:

- Tips for winter sport
- How to strap seminar
- Muscle stimulator is now available
- Hamstring strains
- Welcome back to Brendan Wilson

Tips for winter sport:

With the commencement of winter sport, it is important to keep your body in tip-top shape. Here are a few things you can do on and off the park to ensure you're getting the most out of yourself while reducing the chances of picking up an injury.

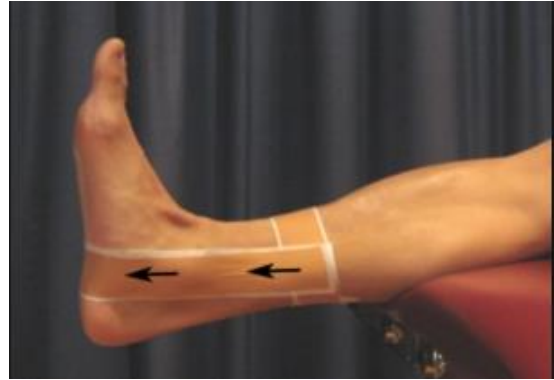
- **Warm-up** – your coach should have this down pat. However, if they don't make sure you are prepared to perform. An adequate warm-up will include some light aerobic exercise, some stretching or mobility exercises and sport-specific drills such as small-sided games.
- **Recovery** – you don't need to spend hundreds of dollars on the newest piece of recovery equipment. If you give yourself adequate sleep and proper nutrition, this will sufficiently give your body what it needs to bounce back from a heavy session on the pitch.
- **Training** – Make sure you're making the effort to attend training sessions. It's a great way to improve your skill in a semi-controlled environment, build a bigger fitness capacity and help improve your relationship with your teammates! If you're really serious about your sport, getting to the gym to build your strength can be a great way to supplement your performance and is definitely necessary to take your game to the next level.
- **Get 'niggles' checked out** – often we hear about elite athletes playing with niggles. In the vast majority of these cases the club doctor or physiotherapist knows about the particular athlete, and has conducted a thorough assessment determining the athlete safe to play. Don't risk taking your discomfort from a niggle to a season-ending condition – get it checked out!
- **Get Screened** – sports screening is the process of assessing you to identify injury risks, so that you can prevent an injury. These can be conducted by a Physiotherapist with an interest in your particular sport. The main sports we deal with are football, netball, baseball and cricket.



Our 'How to strap the lower limb' Seminar

On Monday the 18th March, we had 26 guests join us for a night of sports taping. We covered lateral ankle and taping for patellofemoral pain. The night was a big success with our physiotherapists' leading groups of 4-6 people learn the basics of taping.

We would like to extend a warm thank-you to everyone who got involved. There may be an opportunity for taping courses in the future so keep your eyes peeled!



Upcoming seminars

As a part of our free community lecture series, our next topic is on the essentials of sports injury prevention. This will be held in the clinic rooms on Monday 6th May.



Complex

We are now hiring, and selling complex units.

A complex is a portable, electro-stimulation device. It delivers a gentle stimulation to the muscle that the electrode pad is applied over. This will result in a contraction of that muscle to facilitate early activation in conditions which traditional exercise wouldn't usually be safe.

These are used in rehabilitation as a way to improve muscle strength, and can speed up recovery, and make the rehabilitation process less stressful on the injured area.



They are available for hire (for shorter-term conditions) or purchase (if use will likely be required for over a month).

The cost is \$670.00 to purchase it new (comes with 2 sets of pads).

Or to hire:

\$60 per week plus \$10 for a set of pads (this option will require a \$200 deposit).

Hamstring Strains: Risk Factors and the Rehab Program with Zero Reinjuries

Hamstring strains rank among the most common injuries in high speed running sports. With recurrence rates ranging between 20% and 33%, even with rehabilitation, interest in improving outcomes continues. [Continue Reading...](#)

Returning staff

We would like to welcome Brendon Wilson back to Advanced Physiotherapy. Brendon has been working with Auckland cricket and brings back a wealth of knowledge from his time with this team.

