



Physio News

May 2015

LATEST NEWS FROM PHYSIOTHERAPY CLINICS (CHESHIRE) LTD.

EXPERT ASSESSMENT & TREATMENT

We did the London Marathon!

by Jillian Malone BSc (hons.) MCSP

Well... we didn't quite 'run' the London Marathon but we absolutely did 'physio' the London Marathon! On Sunday 26th April, over 37,000 runners gathered in our capital to run in the infamous 26.2 mile race. As well as the runners, there were over 1000 volunteers including St John Ambulance personnel, doctors, paramedics and of course physiotherapists!

Mile 19 - Canary Wharf

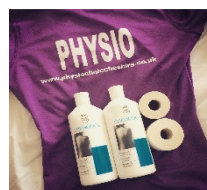
Our designated physio station was just after mile 19 at Canary Wharf. This is the part of the race where the runners often hit 'the wall', where energy stores are almost empty and the mental challenge of the event really kicks in. Massage oil, tape and ice packs at the ready... this was going to be a busy day!



Over 100 runners treated!

One minute we are cheering on the runners, the next minute a runner had stopped with severe muscle cramp in his hamstring. A brief sports massage and stretching soon saw him on his way, but then the chaos really

began... queues of runners were forming with various injuries, not to mention the tears of pain and psychological distress! Thankfully nothing too serious - only one runner quit the race at our station which, considering we treated over 100 runners, wasn't bad! Fantastic day, lots of money raised and we even got a medal!



Physiotherapy for athletes

Back at the clinic we offer a number of treatments for sports people. As well as treating current problems, we perform thorough assessment and movement analysis to help avoid future injuries:

- Sports massage
- Strapping & taping
- Gait & postural analysis
- Injury prevention & management

FOR MORE INFORMATION

Physiotherapy Clinics (Cheshire) Ltd.
94 High St, Winsford CW7 2AP

Tel. 01606 556731
Email. info@physiocliniccheshire.co.uk



Exercise of the month

The 'Clam'! Keeping with the running theme, this is a great exercise if you are a keen runner or walker. We see lots of injuries (knee and ITB pain, shin splints) all caused by weak muscles in our derrière! The clam strengthens the 'gluteus medius' which helps to maintain hip and knee alignment when running, helping to prevent injuries. Try 2 sets of 10 repetitions, daily.



Have you got the running bug?

Why not check out the following local events? Every Saturday morning at 9am is the Delamere 5km 'Park Run'. All abilities welcome, even better, it's free! If you don't fancy running, they are always grateful for volunteers.

If you fancy more of a challenge, how about Winsford's very own 10km event on Sunday 4th October? Check out their websites:

www.parkrun.org.uk/delamere
www.xplosiveevents.co.uk/runwinsford