



7th Edition

July Newsletter

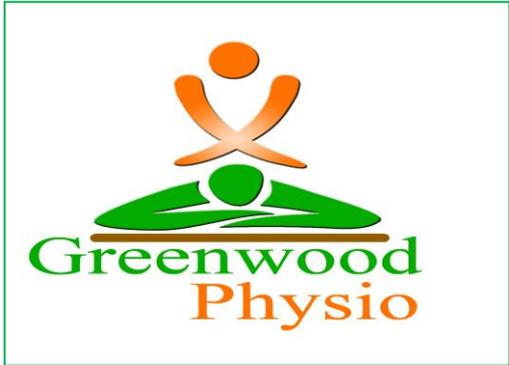
GREENWOOD PHYSIO IS TURNS 1!!!

We had our first birthday on the 25th of June and to celebrate we had a staff dinner at Basil and Mint. It was a great night with good food, a few drinks, fun presents and great company. Remember to say congratulations to Nitin and Niyati when you next come into the practice.

We would also like to welcome our new massage therapist, Luke, to the team. This means we now have massage services available Tuesday through to Saturday. If you need some muscles de-knotting to make you feel lighter, call us to book in. Our yoga teacher, Bec, has recently done some kids yoga workshops, so watch this space for more information about some classes for your little ones here at the physio to get them moving and having fun.

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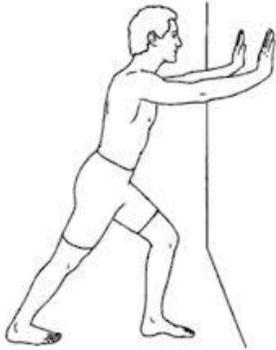
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Stretching techniques

To stretch or not to stretch?

There has been a lot of discussion on the subject of stretching before or after exercise. Most research says stretching is an essential part of exercising. A good stretching routine can help to minimize muscle imbalance, prevent injuries and improve your performance.



There is much controversy over when it is the best time to stretch and what type of stretches will be beneficial in the prevention of injuries. The most recent studies show that you should do an aerobic warm up before stretching. The warm up is to get the blood flowing in the muscles and through the cardiovascular system. The next questioned topic is the type of stretches to make part of your exercise routine. Research shows that this depends on the type of exercise that you are about to commence. You can ask your physio what type of stretches will suit you best. Most people will do a variety of dynamic and static stretches.

Static Stretches

This is the most common type of stretch that people know, this stretch elongates the muscle and then the stretch is held for a period of time.

Rules for Static Stretching:

Warm up your muscle first then stretch while they are still warm. Slowly take your muscle to the end of its range. You should feel a light resistance in the muscle but you should never feel pain. Pain means you have gone too far. Hold the static stretch in that position for 20-30seconds and repeat the stretch 3-4times.



Dynamic Stretches

This type of stretch uses movement and momentum to move the muscle through its full range. This should be a controlled movement and should not be bouncy or vigorous.

Rules of dynamic stretching

The same as with the static stretches, your muscles should be warm before commencing. Move through the range of movement with control. Don't throw or fling your body parts around. You should feel a light resistance but no pain while stretching. Start with slow low intensity movements then gradually move to a higher intensity with faster movement.

Cooling down stretching is generally for the body to slowly cool down and allows the cardiovascular system to gradually return to its normal pace. The cool down also helps dissipate the build-up of lactic acid in the muscles; this may reduce the chance of having delayed onset muscle soreness (DOMS), as well as decrease the chance of becoming dizzy or faint after exercise. To cool down, you must gradually reduce the intensity of your movements. The cool down period is the best time to do static stretches, rather than dynamic

Top Ten Tips for Stretching:

- Warm up muscles before stretching by walking or doing gentle movements
- Start slowly and stretch gently. Never stretch to the point of pain
- Breath slowly and rhythmically as you stretch
- Use proper posture when stretching
- Slowly increase your stretch as you feel your muscles relaxing. Don't bounce
- Hold each stretch for about 20 to 30 seconds
- Try stretching while talking on the phone, reading emails or doing chores
- Stretch with a buddy. Use each other for resistance, but be gentle
- Set reminders to stretch. Use your online calendar or watch alarm
- Keep a copy of these stretching tips handy.