

New to the Clinic

- Exercise Classes:
 - Matwork Pilates
 - Spinal Stability
 - Falls Prevention
 - Aquatherapy
 - Mums Core and Floor
 - Golf Specific Circuit
- Massage by trained masseuse.
- Neurological Rehabilitation (eg Stroke, Head Injury)
- Kinesiotaping

Free
1/2 hour
workout for you
and a friend on
our new
bodywall.

Ring to make a
booking and
give it a go!

Introducing

bodywall.

“Combine speed, balance, body weight ratio, strength with core stability and you challenge your mind with your will to get better, then you have an athlete.

That's what Bodywall allows to happen if you want it bad enough.”

Marcus Wheelhouse - Former World No 1 ranked amateur golfer

“The Bodywall system is capable of enhancing practically every exercise component required for successful injury rehabilitation. I have no hesitation in recommending the Bodywall system becoming an integral part of any rehabilitation scheme.” Trevor Mont-

gomery MHS Sc PGDHs
PG Cert HSc - Golf
Works Limited



I have found it hard to describe to clients and people interested, just what the Bodywall is! Words don't really do it justice, it is one of those things you have to try yourself to really get an appreciation for just what a great exercise and rehabilitation tool it is.

Over the last 5 months our staff have been doing a lot of training on The Bodywall and also with the Bodytool and Scarsaway, we have suffered pain and shed a few tears, to learn some amazing new skills to complement our already vast range of techniques.

Bodywall is suitable for just about everyone, because the workout is tailored to suit your needs, and with over 500 different exercises, there is something for just about every muscle and ability.

Because it is so hard to describe the Bodywall, we are giving **Free** half hour trials to anyone interested.

Call Now: 856 4656

Business Vision—help us to achieve it

To be the best clinic in Hamilton, offering the best patient journey with top technology and techniques. For the community to think of us first if they want to im-

prove performance or for injury and pain solutions.

Cut and paste the link below into your web browser and do a quick survey for us, so we can

ensure we are meeting the needs of our clients.

I also welcome any feedback from clients via email: hillcrestphsyio@xtra.co.nz

<http://www.surveymonkey.com/s/FMT2PXL>

The Stretching Debate

At this time of year, I get a lot of people asking me the best way to warm-up and stretch, I have always, suggested a sports appropriate warm-up followed by specific stretches. However in the last few years a lot more studies have started to come out suggesting that this is not ideal, so I thought I should do some further reading.

It appears that most current literature supports a 5-15 minute warm-up depending on the sport, this is a chance to warm the muscles up to a good "operating temperature". Muscles work better when they are warm, they are a bit like putty, i.e they stretch better when warmed up. Warming up also softens the connective tissue (myofascia) surrounding the muscles and joints which has thixotropic properties.

However this does not mean that stretching before sports is a good thing, in fact there is some evidence (limited) to support **not** stretching before sport. The main thought behind this is that stretching after the warm-up, before playing, actually allows you to cool back down, thus undoing the good work of warming up the muscles.

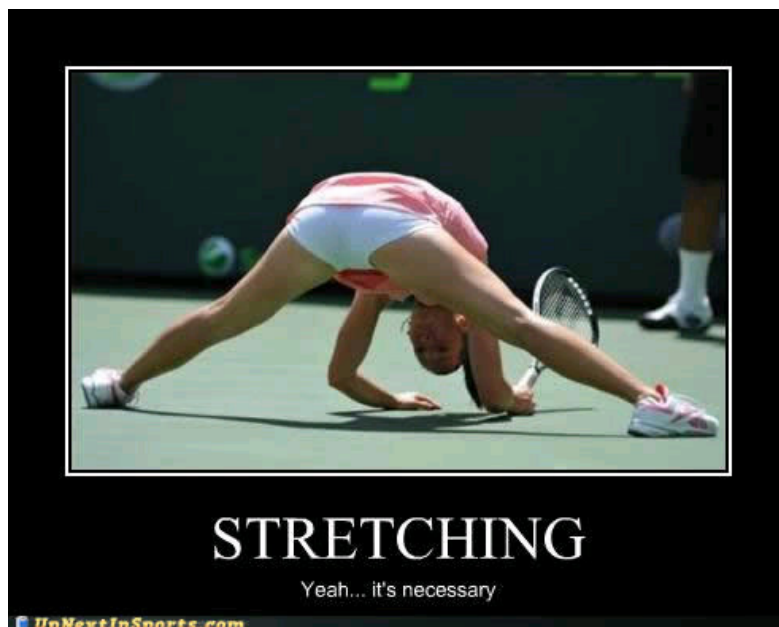
There is also some general debate about whether long muscles are necessary at all. It would be sensible to suggest that, the length of the muscle required probably depends on what you want it to achieve, or whether it is causing any other problems because it is too short or too long. As a general rule it is a good idea to have a balance around a joint in terms of both strength and length.

The good news is that if you do have tight muscles, there is a reasonable body of research that shows, stretching is effective and that a great time to stretch is as part of your warm down after exercise. The muscles are warm meaning they will stretch better. Stretching at the end of your exercise will have a carry over effect for your next game or session.

A 30 second static hold has been shown to be the most effective time to hold a stretch. Less than that may not be long enough, and longer stretches have not shown to have any additional advantage.

Hold relax stretches are another good alternative to traditional static stretches and have been shown to be very effective. These involve, taking the muscle close to its end range, doing a stationery contraction of the muscle to warm it, and then applying a further stretch.

For more information try the links below:



<http://sportsmedicine.about.com/cs/flexibility/a/aa022102a.htm>

<http://onlinelibrary.wiley.com/o/cochrane/clsysrev/articles/CD004577/frame.html>

<http://sportsmedicine.about.com/cs/flexibility/a/aa022102a.htm>

Physiotherapist Profiles:

Over the last 2 months we have been lucky enough to gain two new fantastic Physiotherapists.

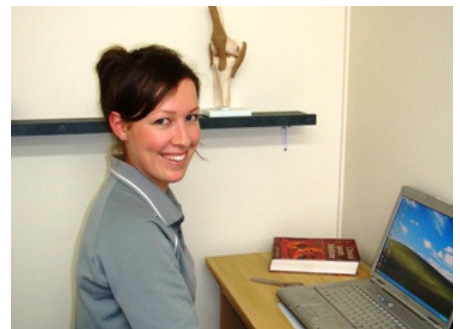
Paul Head: Paul is a fantastic Physiotherapist who is totally passionate about his job. He has a special interest in sports physiotherapy and manual therapy. Paul is also a qualified exercise therapist and is great at getting people motivated to do their exercises. Paul has taken over the **Aquatherapy** classes from Jane, and the feedback has been extremely positive. Paul is a keen golfer and has therefore developed a **Golf Specific Circuit Class**, so if you're a keen golfer wanting to improve your game, it might pay to come down and see how Paul can help you boost your performance.



Melanie Chambers:

Melanie originally started with us as a locum; while Sunil was away last month, but everyone has liked her so much that we have asked her to stay! Melanie has recently returned from her OE. She has post graduate qualifications in acupuncture

and is also qualified to do kinesioplasting. Melanie also has experience working with sports teams and sports injuries. She has shown herself to be an extremely competent and popular physiotherapist. She is working the late shifts 10am-7pm, which means we now have a female Physio along with Paul and Sunil doing the popular late times.



Exercise Classes: All taken by qualified physiotherapists

Matwork Pilates: Suitable for beginners to Pilates, a great way to strengthen your core.

Spinal Stability: Educational and exercise components to help you manage your low back pain, a 6 week programme.

Falls Prevention: Based on the Otago Falls Prevention Programme, aimed at our seniors who might be a bit unsteady on their feet.

Aquatherapy: Suitable for just about everything, water is a great medium to exercise and rehab in.

Core and Floor: Aimed mostly at women, a circuit class to target pelvic floor and core. (recommended real-time ultrasound assessment first to ensure you know how to work the right muscles).

Golf Specific Circuit Class: Circuit class aimed at targeting muscle groups important for golf. Improve your golf off the course!

Ring or email for more details and times:

856 4656 or hillcrestphysio@xtra.co.nz