



Clinic News & Events

W2W BUSINESS MEETING

Body Movement Therapeutics is excited to host this month's Woman's 2 Woman's business networking meeting. Meeting will take place on Tuesday May 8th 2012, 5:30-7pm. Light Refreshments will be served.

SPRING REFERRAL PROMO CONTINUES...

Refer a friend or family member for a Massage Therapy appt. with Heather Rutherford, Massage Therapist & Sports Injury Therapist- Receive your next **60min Treatment for \$50!**
(SAVINGS of \$30)

"GET ME STARTED" NUTRITION SEMINAR

On April 21st, 2012 Body Movement Therapeutics hosted a Nutritional Seminar for True Mentality Bootcamp, Milton. The seminar, led by one of our own therapists Kasia Sitarz was a huge success. Some of the topics covered were nutrient breakdowns, reading package labels, pre/post workout nutrition etc. Stay tuned for information on upcoming seminars.



With the nice spring weather upon us, the tendency to get outside and get active is increasing. Whether it is walking, running, cycling or some other form of exercise it is always a good thing to get your joints moving. Movement in the Joints allows fluid to circulate, flushing out toxins and bringing in nutrients keeping our joints lubricated and healthy. This article is going to focus on running. Why run? What injuries are you more susceptible to? How do we prevent these injuries?

Running is a great source of "Cardio", aerobic fitness focusing on the efficiency of your heart to pump blood and oxygen to your muscles. As you get more aerobically fit, your heart will pump more blood and oxygen with every beat and your muscles will consume more becoming more efficient. With benefits there are always risks! Running, depending on the surface, your footwear, training frequency and length can be extremely hard impact on your joints. Furthermore an individual's body type and biomechanics can contribute to increased risk of injury i.e. flat feet, knock knees. The following are typical injuries suffered by runners.



Common Injuries Suffered by Runners

ILIOTIBIAL BAND SYNDROME- The iliotibial band is a thick band of fascia running from the hip musculature down to the outside of the knee. Constant friction either at the hip, or more commonly the knee can cause irritation and inflammation. Most common in long distance runners.

MUSCLE(S) STRAIN- A strain is caused by overloading a muscle to a point that causes damage, a stretch or tear in the muscle, tendon or surrounding fascia envelope. Strains will vary in severity, ranging from point tenderness to intense pain and minimal use of that muscle. Commonly strained in runners are Hamstrings and

Quadriceps muscle groups.

STRESS FRACTURES- An overuse type injury which is common in weight-bearing bones, specifically the lower leg and feet. This type of injury occurs when a muscle is fatigued, and the shock distribution of repeated impacts transfers stress into the bones. Typical in long distance runners, or individuals who increase frequency, duration and intensity of activity too quickly.

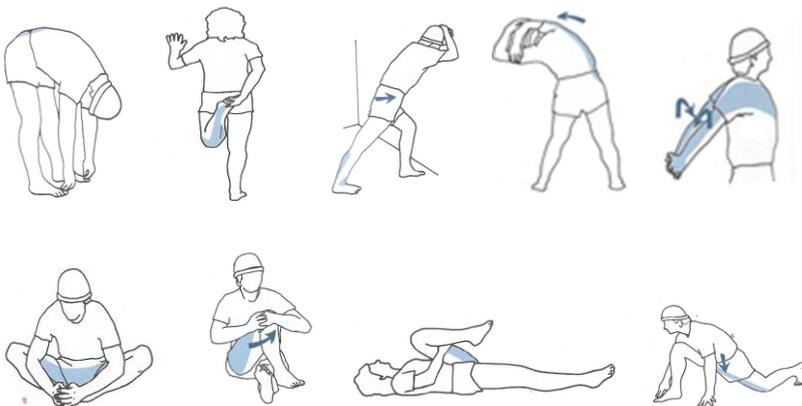
SHIN SPLINTS- umbrella term used to describe pain in the lower leg. Pain symptoms are due to musculature irritating the surrounding sheath of your bone (periosteum). Most common causes are increase of training too quickly, improper footwear and running on hard surfaces

SNAPPING HIP- The feeling of a snap in the inner or outer hip area while standing up, walking, running etc. The snap is caused more commonly from the movement of a muscle or tendon over a bony prominence in the hip. Usually due to a tight iliotibial band (snap felt at side of hip) or hip flexor (snap felt at the front of hip), but can be caused by internal damage to the joint capsule.

PREVENT these types of injuries by getting yourself fitted for proper footwear, increasing mileage and frequency gradually, adequate warm-ups/cool-downs and most importantly keep hydrated! See below a sample stretching routine to try. *For more information, or treatment of any of the above injuries contact Body Movement Therapeutics at (519)-853-1200 Let us help your exercise properly and stay injury FREE!*

RUNNER'S SAMPLE STRETCHING ROUTINE

**Stretch only when warm, 30secs/stretch*



*New 8 week series begins May 15th & 17th at 6:30pm Fitness Etc. Milton. All Classes are FULL for this series.

Stay tuned for updates on registering for next series. For all ages and fitness levels! Build STRENGTH, ENDURANCE & CONFIDENCE! Join the TRUE TEAM!

*True Mentality Bootcamp is taking part in the 50km "Ride for Heart"- support our team. Visit online under TRUE TEAM:

www.rideforheart.ca
www.truementality.ca