



BODY 'N BALANCE PHYSIOTHERAPY
NEWSLETTER

APRIL 2012

Get Off the Road! Trail Running Clinic

Trail Running is the fastest growing segment of the sport of running. Besides from the normal benefits of running on the road, trail running can be less stressful on your joints, less tedious because of the varied terrain, and it tends to be less “competitive” in a more relaxed environment.

This Clinic will be geared towards both those that have tried trail running and those who are first timers. The goal will be to build your fitness level up to participate in a 5 km and/ or 12 km trail race. This clinic will be based on scientific research and evidence that'll make you a more efficient runner, free from injury.



Duration: 9 week session
Day/Time: Tuesday 6:30pm
Dates: April 10th to June 5, 2012
Location: Body 'n Balance Physiotherapy

To Register:

Call 705 429-9619 or e-mail bodynbalancephysio@yahoo.com

Registration Fee: \$80

The Trail Running Clinic Includes:

- Exposure to some great running trails
- In class instructional lesson followed by weekly group trail run
- Training Manual & Training Log
- Cool Running Gift

**** New --Body 'n Balance Trail Runner's Club - \$45.00 ****

For those of you that have graduated from the above clinic but still want to run in a group setting with minimal instruction. A weekly course will be set up for you to relax and enjoy running on.

SERVICES PROVIDED AT BODY 'N BALANCE:

- *Physiotherapy*
- *Athletic Therapy*
- *Acupuncture*
- *Therapeutic Taping*
- *Massage Therapy*
- *Yoga Classes*
- *Exercises Classes*
- *Women's Health and Incontinence*
- *Running Assessments*
- *Falls Prevention*
- *Stroke Rehabilitation*
- *Work Related Injury Rehabilitation*
- *Motor Vehicle Accident Rehabilitation*
- *Personal Training*

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HELPING YOU ACHIEVE YOUR
WELLNESS GOALS!

Personal One—On—One Fitness Training

Jacqueline Kozluk a Fire Fighter with the city of Toronto, is a certified personal trainer with the International Sports Sciences Association and American Council of Exercise . She will now be offering 30 and 60 min personal training sessions. Session will include a 30 min free initial consultation. Fitness training can be targeted for all ages and fitness abilities.

Cost of training sessions are :

30 min = \$15

60 min = \$35

Please contact the clinic for more information and to schedule a fitness session

705 429 9619

Running Injury Prevention

Many people think modern running shoes are necessary in order to run safely and comfortably, but they were invented only in the 1970s. Before then, running shoes were just simple running flats that had little cushioning, no arch support, and no built-up heel. **Humans were running for millions of years, apparently safely, in running flats, in thin sandals or moccasins, or in no shoes at all.** Recent research published by Harvard Professor Daniel Lieberman indicates that they may have been able to do so by forefoot or midfoot striking. This is particularly interesting because about 75% of runners that wear shoes heel strike (Hasegawa et al., 2007). Running shoes have essentially changed our running biomechanics. It is also interesting that the incidence of running injuries is on the rise. Research has shown that up to 70% of runners are injured every year and there is a greater prevalence in industrialized countries.

Here are 3 of my **10 Golden Rules** I recommend to my patients to prevent running injuries:

1. Surround yourself with the right people. - proper medical and coaching supervision for all types of runners should be done by competent, qualified, and understanding professionals. For this reason, a runner should never accept a final recommendation from a professional that is not a runner themselves.
2. 2. Keep it Simple - Choose a running shoe that is flat and allows sensations from the ground. Avoid repeating treatment without progress, avoid surgery, and do not choose plantar orthotics as a first option.
3. 3. Warm up. - To get ready for a run, you should increase your body temperature with a progressive jog (15 to 20 min) followed by functional ballistic stretches (ABC's) Avoid static stretching (e.g. holding a hamstring stretch for 20 seconds) prior to your workout. Research shows that static stretching before an activity does not decrease the risk of injury and might even increase it.

Don Sorensen

3D Gait Analysis

Ontario Runners will soon be on the fast track to injury recovery!

The Running Injury Clinic has installed its revolutionary, 3D Gait Analysis System in **Body n' Balance Physiotherapy** bringing a revolutionary new perspective and new technology to running injury assessment.

The state of the art, 3D gait analysis technology is usually only available to high performance athletes. **Body 'n Balance Physiotherapy** is one of only ten locations in North America where a member of the public can access this technology. To book an appointment runners simply have to call **705-429-9619** or email: bodynbalancephysio@yahoo.ca

WE'RE ON THE WEB AND FACEBOOK!

<http://www.bodynbalancephysio.com/>