



**Get Active
Physiotherapy
Health Centre**

The Injury Rehabilitation Professionals



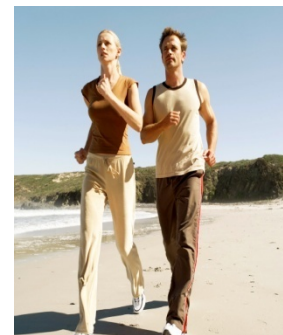
Get Active eNEWS

GAPREP
The Get Active Physiotherapy
Health & Fitness Professional Network

Welcome to this Issue 8 of our Patient e-NEWS the official newsletter of Get Active Physiotherapy – St Leonards and Kotara. We hope this newsletter helps keep you up to date with the latest news in rehabilitation, injury prevention and health services provided by Get Active Physiotherapy

4 of the Best Injury Prevention Tips for Runners

With the warmer weather starting, the Sydney Running festival in full swing, and the thought of hitting the beach very soon - many of us are either increasing our training or looking to increase our activity – especially running training – so help you stay moving and injury free here are 4 Tips to Keep YOU and your clients injury free from the team at Get Active Physiotherapy:



Injury Tip One – Increase Slowly:

Many people get so excited by the warmer weather and impatient at their slow progress that they go from 3 months on the lounge to attempting a marathon in 4 weeks – this is a recipe for disaster. Make sure you increase your running and training times by small increments only – a 5 -10% increase in either distance or time each week is plenty and will ensure you stay pain free. One of the biggest predictors of injury in runners is rapidly increasing training volume – the more training you do the greater the risk it is simple maths.

Injury Tip Two – Check your Shoes:

Many people get excited about starting a training program however they make the mistake of grabbing their favourite pair of Dunlop Volleys (a favourite shoe worn by roof tilers – not marathoners) and then wonder why they get foot, knee and leg pain 2 weeks into their program. Make sure you get a good pair of running shoes **BEFORE** you start your training program – unfortunately for your bank balance you do get what you pay for when it comes to running shoes.

Injury Tips Three – Watch out for Hills:

Many new runners get injuries due to following a route that has too many hills in it – hill running is a great training tool but hills also cause incredible demands on the joints of the lower body and can accelerate injury risk in certain people. Try and stay on the flat for the first few months and then add some hills in as your fitness improves – it is better to be running on the flat than not running at all.

Injury Tip Four – Get a Check-Up

We mentioned a moment ago that one of the biggest predictors of injury is training volume – the other biggest predictor is past injury history. It amazes us here at Get Active the number of people that had an injury at the end of their last training or sport season – and do not have any treatment or assessment on that area prior to starting next seasons training . The injury may have left some scar tissue, reduced range or muscle weakness that will greatly increase the injury risk when training resumes.

Free Injury Assessment Voucher

To help you stay active and exercising you are able to download a voucher for a FREE Injury Assessment from the team at Get Active – the voucher can be downloaded from our website at www.getactivephysio.com.au and will entitle you to a comprehensive check-up and report from one of our highly trained health professionals – don't let pain slow you down – get an assessment today.

FREE Physio for Life Program at Get Active

As a small business we are always appreciative of referrals from you (our current patients and friends) – and we rely heavily on your support. As a special thanks to all referrers we will send you a voucher for a FREE Physio session, FREE Massage Session (St Leonards clinics only) or a FREE DVD from our DVD range for every 2 people that mention you as the reason they came in to see us.

If a friend or family member mentions a pain or injury simply direct them to our website www.getactivephysio.com.au where they can download their FREE Assessment Voucher and then make sure you tell them to mention your name when they come in to use the voucher – that way we can track your referrals and send you your reward voucher – thanks again for your kind words and help.

Free Seminars in Sydney and Newcastle – Injury Prevention Tests and Strategies

Get Active Physiotherapist – Brendan Wright - will be conducting our next **FREE** seminar at our Fitness First – St Leonards clinic on Monday August 24th. This fantastic seminar will be held at the Group Exercise Studio of Fitness First St Leonards from 2.10pm till 2.50pm – and will cover the following topics :

- ✓ The best 5 test to predict and prevent injury?
- ✓ Why your current training program may be leading you down the path to injury

- ✓ The 2 biggest predictors of injury risk
- ✓ Strategies to reduce and overcome injuries FAST

To book your spot call 1300 8 9 10 11, email us at hq@getactivephysio.com.au or drop into the clinics and register in person.

The Kotara (Newcastle) version of this seminar will be held on Tuesday September 1st from 8.10pm till 8.50pm in the Group Exercise Studio of Fitness First – Kotara – with Get Active Physiotherapist Jason Bradley. To register for the Newcastle seminar call 1300 8 9 10 11, email kotara@getactivephysio.com.au or leave your details with Jason at the Kotara clinic.

Health Professionals Required

Get Active is always looking for high quality health professionals to join our team in St Leonards and Newcastle – if you know any physiotherapists, massage therapists, acupuncturists etc that are looking to work in a high quality organisation with incredible patients than please get them to email Get Active director Paul Wright on p.wright@getactivephysio.com.au

Staff and Marketing Seminar

If you are a health professional or personal trainer yourself don't forget Paul Wright will be holding his next " Million Dollar Health Professional" seminars in Sydney and Melbourne in the next few weeks – this series of seminars will focus on the issues of staffing and marketing of health care businesses - full details of these great seminars are at www.getactivebusiness.com.au where you can also find out how to receive more than \$1600 in FREE gifts just for attending.

Feedback Massage Reward Winner

Congratulations to **Graham M** – he was the lucky winner of the hat draw for this month's FREE massage as a reward for sending in his feedback form – enjoy your massage Graham and thanks for the kind words.

We always welcome and encourage your feedback – all Get Active patients (new and old) are encouraged to visit our website at www.getactivephysio.com.au and click on the "feedback" tab to register your feedback.

Conclusion

We hope this newsletter helps keep you up to date with the latest from the team at Get Active – we look forward to seeing you soon.

getactivephysio.com.au

Appointments 1300 891011

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