

0800 0751 641

At Back to Fitness Physiotherapy we have been working with the Stainland Lions for 5 years now, helping the members recover from injuries when they arise and preventing them from reoccurring. There are two physiotherapists. Charlotte Stead is the lead physiotherapist and proprietor and works from the clinic in Ripponden and Richard Walker runs the Greetland clinic for her.

Well done for taking the first step in increasing your fitness and health through running. Let us reassure you that it is normal to get the odd twinge or niggle when you start a new physical activity. This is just your body adapting to the new demands being placed on it. Hopefully, the following advice will keep it to a minimum.

If you do get an ache or pain which persists and you think should be looked at by a physiotherapist then it's worth knowing that as a member of Stainland Lions, you get a club rate for physio at Back to Fitness Physiotherapy. The first session costs £35.00 (normally £40.00) and treatment sessions cost £22.00 (normally £27.50).



Stretching the

Lower Body and Warming Up!

The main aim of a thorough warm up and stretch is to prepare the cardiovascular system, musculoskeletal (muscles, ligaments etc) and the nervous system for physical activity.

Warming up makes the muscles more flexible therefore reducing the likelihood of injury. It also helps the heart increase its output so that more 'fuel' can be delivered to the muscles.

Warm up

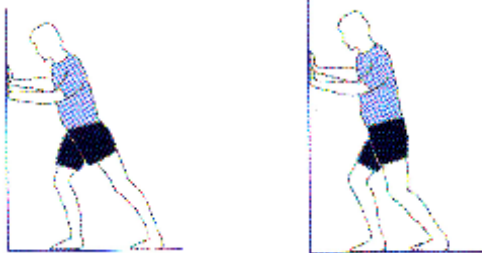
The first aim is to increase core body temperature and the second aim is to increase the heart and breathing rates and therefore the supply of oxygen to the muscles. After 5-10 minutes of brisk walking or slow jogging you should feel hot and sweaty as your core temperature rises. You now need to stretch out appropriate muscle groups on both legs.

Stretching/flexibility

- Hold each stretch for 20 seconds and repeat 3-5 times
- Maintain a good posture throughout or the stretch is ineffective
- You should feel the appropriate muscle pulling when you perform the stretch
- Each stretch should be comfortable and not cause pain
- Don't forget to repeat on both legs!



Quadriceps stretch (front of thigh): Do either in laying (as above) or standing. Pull the heel into the bottom and keep stomach muscles tight so that the back doesn't arch.



Gastrocnemius (left) and soleus (right) stretch (calf): In standing with the leg to be stretched at the back. Keep the heel of the back leg down and lean forwards. For gastroc, keep the back knee straight, and for soleus, bend the back knee.



Hamstring (bottom left): Lie on your back, bring your knee towards your chest and slowly straighten your leg until you feel a stretch in the back of the leg. Keep the back flat against the floor.



Gluteal Stretch (bum muscles): Lie on your back and cross one ankle in front of the opposite knee. Place your hands behind the back of the thigh (as picture) and pull it towards the chest. You will feel a stretch in the opposite buttock.



Adductors (inner thigh): sit upright with a good posture and place the soles of the feet together. Allow the knees to fall out and push the knees further apart with your elbows.

If the worst does happen and you get injured then remember that injuries heal faster with rapid appropriate treatment -

....so just give us a call!