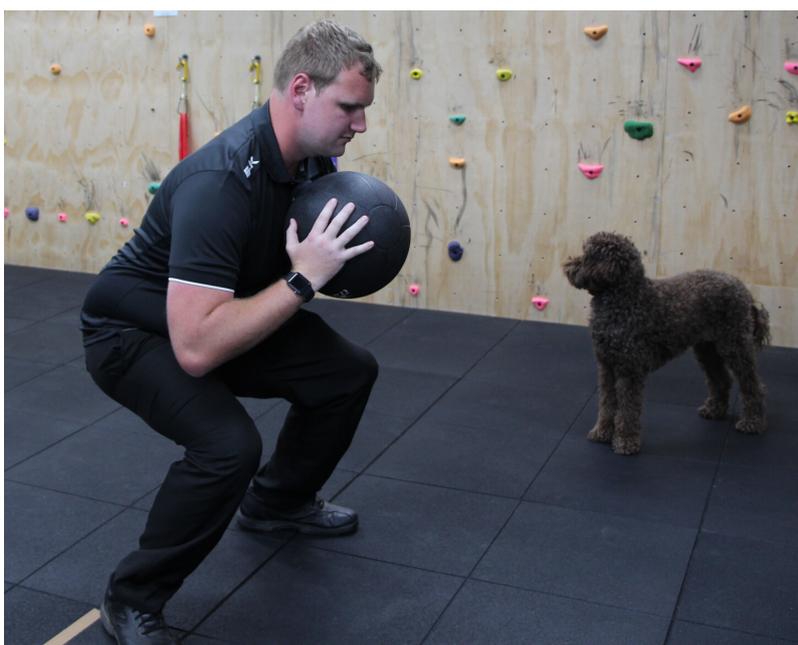




MAY NEWSLETTER

ORIGIN PHYSIOTHERAPY & WELLNESS



April In Review

WRITTEN BY DAVID SELEMS, DIRECTOR

Hey Origin fans, this month has been a 'take it as it comes' type of month. Like you, I have no idea what things are going to look like month to month and while I may think my predictive skills are pretty good I am following the old quote, 'Control what you can control. Don't lose sleep worrying about things that you don't have control over because, at the end of the day, you still won't have any control over them!' I love this quote as it is so relevant in all situations and times. The few things I can control at the moment is the content of this newsletter and how I feel about all the wonderful clients/patients that have kept coming in for their Physio sessions when they could have stayed home. Again, a big thank you. I have tried to keep this newsletter relevant and entertaining enough to engage you and maybe even inspire you to read it all the way through. :-)

Thanks
David Selems
Director (and human)

This Issues
Highlight:
RUNNING THE
SMART WAY

PHONE

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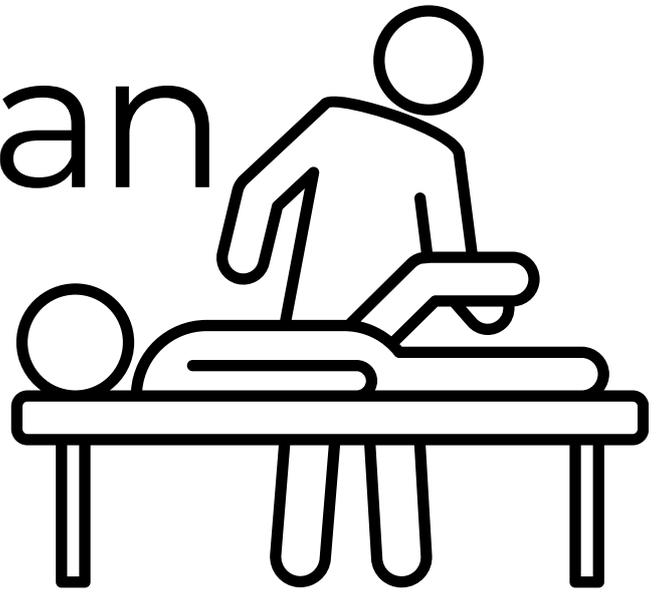
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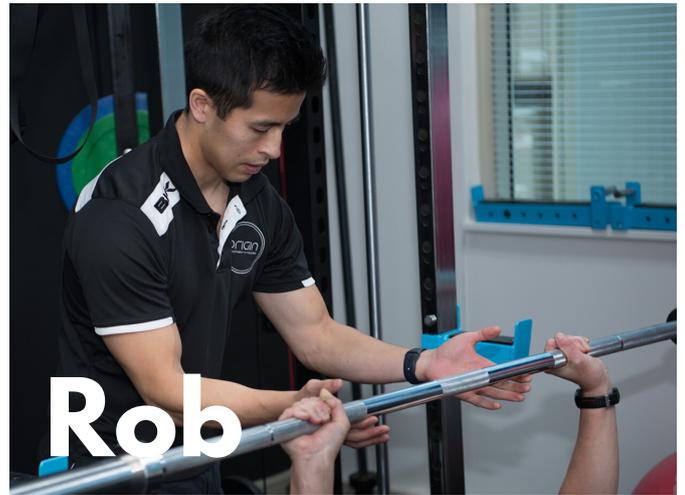
WWW.ORIGIN.PHYSIO

More than a Physio



You may not know that Origin Physio specialises in a few areas of specific physiotherapy. Below are some of our areas of specialty:

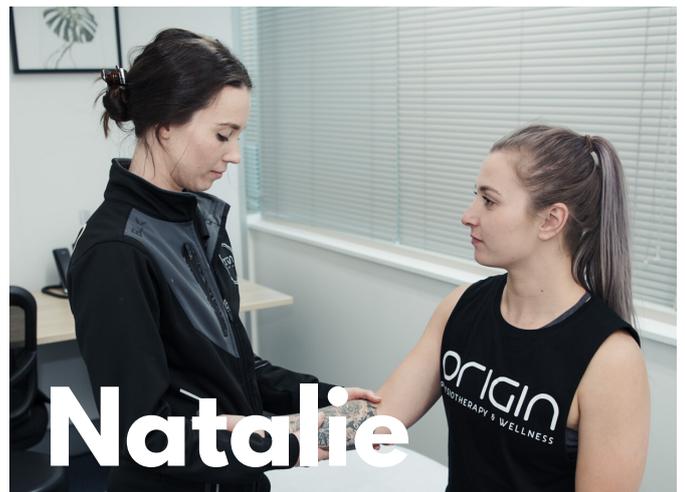
Rob has extremely refined skills in developing Biomechanical Assessment and Strength and Conditioning Programs. Rob has been honing this whole-body holistic style of physiotherapy for over ten years and is always researching the human body and its mechanics.



Ethan has expertise in shoulders, neck, back and headache treatment. These regions of the human body prove problematic for so many people due to modern life and work habits. Ethan is driven to relieve pain and educate his patients in this regard. Ethan's hands-on skills are second to none and coupled with his progressive treatment and maintenance plans he takes a comprehensive treatment approach.



Natalie is a Women's Health expert and has been refining her skills in this area over the last seven years. Natalie treats women across the lifespan however, her passion lies with helping women recover from pregnancy and birth. She is extremely passionate about preventative healthcare and uses her expertise to educate and empower women of all ages. A few areas that Natalie treats specifically include urinary and faecal incontinence, constipation, postnatal recovery including 6-week check-ups, painful sex, pelvic pain including endometriosis, adenomyosis and polycystic ovarian syndrome (PCOS), mastitis, prolapse, pelvic floor assessment and rehabilitation, pelvic girdle pain and other women's health related conditions.





Got pain that keeps coming back? ...and it's not your kids?

Ebb and Flow Injuries

AND WHY THEY OFTEN REAPPEAR

In this short section, I would like to address what I call ebb and flow injuries. These are those pesky injuries that never really leave us. They lurk in the background waiting to rear up at the least convenient time. The usual story goes something like this: you know you have a weak spot/area (or multiple spots/areas) and you have had this weak spot/area for as long as you can remember. You have hurt this spot/area many times and you often seek professional help from a Physio, Chiro, Osteo, GP etc and many of them have helped you get out of immediate pain and probably advised on what you should do to reduce the risk of it returning. You set about following the professional advice and sure enough, the pain reduces and you start to feel better.

Because you are feeling better and the recommendations were specific to get you out of pain you have succeeded, well done! Now comes the kicker! You are minding your own business and going about your day and BOOM, reinjured!!! So what is the answer I hear you ask? Simple, go and see your health professional when you are not injured or in pain. Ask them for a full body assessment and explain to them that you would like to address your spot/area once and for all.

I am so passionate about this ebb and flow scenario and hate seeing people reinjure themselves unnecessarily that I am including my direct contact details here 0407 989 777. If you have an ebb and flow injury call me and I will answer any questions you may have.

- David Selems

Running the Smart Way

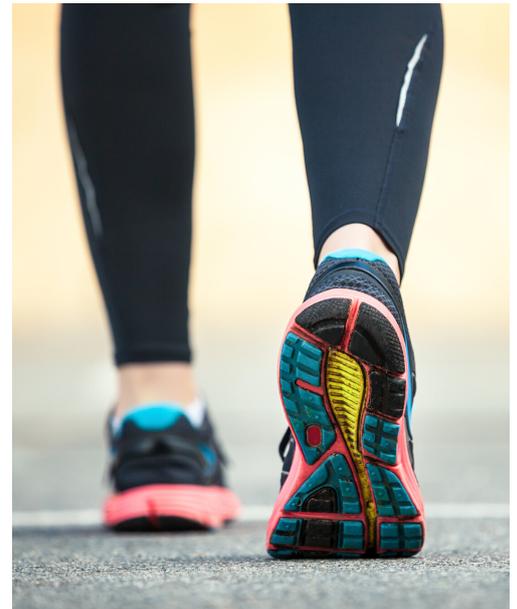


There has been a constant stream of runners/joggers puffing their way down the footpath in front of my home lately. While the footpath has always been used by the regular neighbourhood runners, of late the numbers have skyrocketed. Being a running enthusiast myself for more than forty years, I am loving seeing so many people getting out there and partaking in what I see as the greatest primal exercise known to humans. Two reasons I believe running is the greatest primal exercise is that it doesn't require any specialised equipment and it is highly effective at getting the cardiovascular system pumping. Essentially if you have a pair of shoes you are good to go! So below are my top tips for shoes, smart running and staying healthy:

Shoes

Don't get caught up in any fads. Running shoes have varied from extremely over engineered to minimalism and everything in between. My advice is:

- Golden rule – above all wear something that is comfortable
- Ditch em! – don't persist with a pair of shoes that don't 'feel right' or cause pain
- Free basic fit – There are many reputable shoe stores that can guide you on the basics for free!
- Your old shoes can tell a story – Take a look at an old worn pair of shoes to see where/how they have worn over time. This can give a great insight into your running gait and potential problem areas.



Smart Running

To really get the most out of running it is a good idea to mix it up. This helps build strength, endurance and protect you from injuries. The key principles of a good running routine are:

- Run slow – It has been proven time and time again that good quality long slow running is the best way to build up the cardiovascular system. The key to running slowly is making sure you stay in the aerobic zone. There are many resources and high-tech watches available to determine your aerobic zone but to keep things simple, when running you should be able to hold a conversation comfortably.
- Run at race pace – Running at race pace or Tempo running is a fun way to play around and keep things interesting. Doing a Parkrun is a great way to run at race pace (during COVID-19 just map out a 5km course yourself). Another fun way to practice Tempo running is to do 5 x 1km intervals of 800m at race pace then 200m slow. Depending on your current mileage you can easily add or subtract a few kms as needed.
- Some speed – Find a nice flat oval and really let it fly. Some short sharp sprinting will bring back the primal instincts and really get the fast twitch muscle fibres firing. I like to do a really good warm up consisting of a 1-2km slow jog followed by some leg, knee and hip mobility exercises. Then the speed work session might look like 6 x 70m sprints at full speed. To get the most out of the 70m sprints it is best to walk back to the start line between sprints and make sure your heartrate and breathing return to near normal.



Staying Healthy

It is all about stretch, strength and mobility. Sometimes it is what we do between running sessions that makes our running better and protects us from unwanted injuries.

- Stretch – I am not talking about stretching before running as this has proven to have very little benefit. I am talking about a good regular stretching routine to loosen up the key running muscles; the hip flexors, hamstrings, quadriceps, calves and gluteals.
- Strength – A good overall weekly strength routine including basic squats, lunges, calf raises, bridges etc will safeguard the body against injuries. If you need a strength routine, please see Rob, he is the best at writing strength programs!

A Quick Class Update

POWERED BY PHYSIO

The Origin team is working on a solution to bring back Powered by Physio very soon. We're looking to welcome you back into the gym once we enter step 2 of restrictions easing. Learn more about these steps [here](#).



Bub&Me

Bub & Me has gone online! Nat and Millie have been working tirelessly planning and filming to provide an amazing resource for all pregnant and postnatal women. Their courses include two 20-minute classes per week, along with an incredible amount of educational videos and other resources, including bonus stretch and fitball classes, spotlight videos outlining particular techniques, guest videos with other health professionals and even an online antenatal education class and postnatal education class to replace the hospital classes that are no longer running. Visit www.bubandme.com.au for more information or send an email to hello@bubandme.com.au

TEAM NEWS



Getting to know Robert Ho

Education - Rob graduated with a Masters in Physiotherapy from the University of Canberra. Prior to this he completed a Bachelor of Science and a Graduate Certificate in Exercise Science from the University of Sydney.

Treatment - Rob takes a holistic approach, valuing the importance of fully understanding his patient's symptoms and treatment goals. Through analysing whole-body mechanics and lifestyles, his objective lies in not only treating symptoms but identifying the origin of the problem to prevent recurrence and to get his patients in a better state than pre-injury.

Fun Fact – Rob is an avid eSportsman! Rob can often be found playing League of Legends (LOL) on the computer with friends (who are also physios). Rob finds it's a great way to keep in touch with friends (while setting up the game and then working together while playing to beat the other team), this often results in a lot of gloating, blaming and raging which is a great way to relieve stress and have fun.



Soft Tissue Therapy

Ethan is providing 1-hour soft tissue therapy consultations and to introduce this new service at Origin we are offering a buy two sessions for \$169.

This offer is only available once per client so snap it up fast. If you missed last month's blog click [here](#) to read more.

