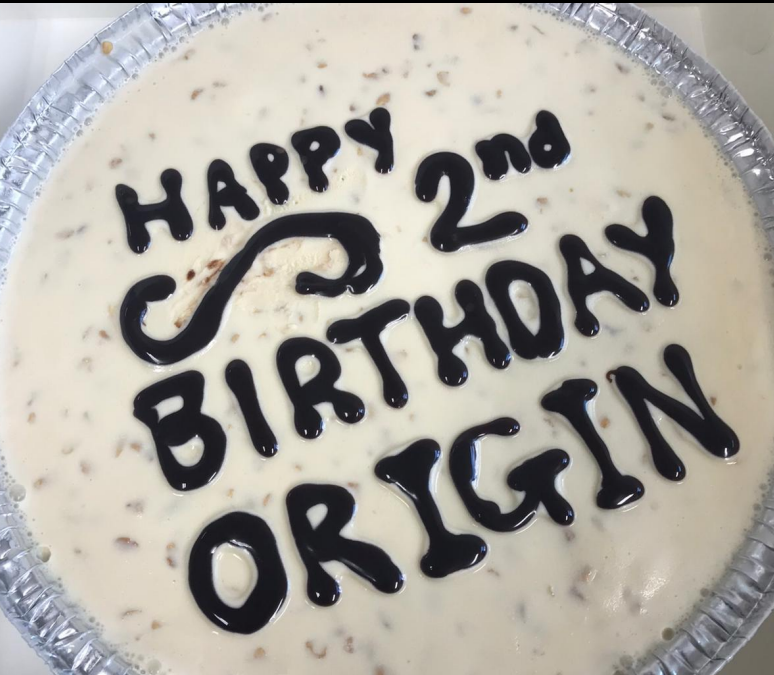




AUGUST NEWSLETTER

ORIGIN PHYSIOTHERAPY & WELLNESS



August In Review

WRITTEN BY DAVID SELEMS, DIRECTOR

Well, spring is on our doorstep and for those of us who may have hibernated for the winter, it is time to get active! To help with motivation, this months newsletter is full of useful information including, Should You Be Working On Your 'CORE?', 8 Weight Training Tips for Women and Powered by Physio additional sessions. We also welcome a new team member, Natalie Wood (Physiotherapist) and offer up another exciting newsletter challenge and health pack.

This Issues
Highlight:
**SHOULD YOU BE
WORKING ON
YOUR CORE?**

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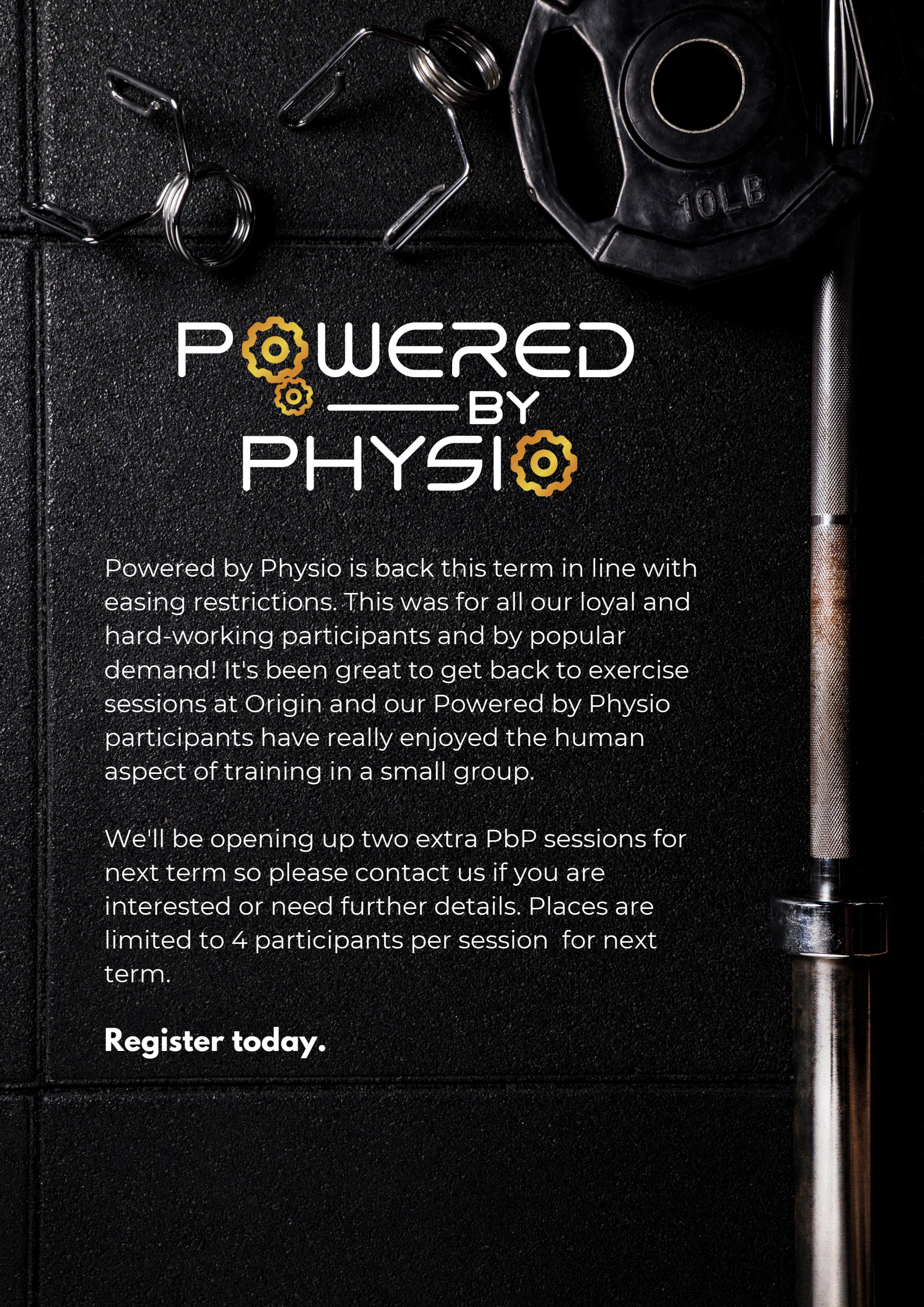
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Happy reading
David Selems
Director (and human)



POWERED — BY — PHYSIO

Powered by Physio is back this term in line with easing restrictions. This was for all our loyal and hard-working participants and by popular demand! It's been great to get back to exercise sessions at Origin and our Powered by Physio participants have really enjoyed the human aspect of training in a small group.

We'll be opening up two extra PbP sessions for next term so please contact us if you are interested or need further details. Places are limited to 4 participants per session for next term.

Register today.

SHOULD YOU BE WORKING ON YOUR CORE?

What is the CORE?

The 'CORE' is the deep muscle system that stabilises the spine and pelvis. The muscles are a complex group of postural muscles working together in a cylinder fashion. They act like a corset, controlling the person's posture as well as allowing other powerful and larger global 'mobiliser' muscles to effectively move the body during walking and normal daily movement, as well as increasing stability and control in sport and exercise.

Pain and Injury Affects the CORE

Do you have trouble 'switching on' the CORE due to back pain, pregnancy, post-childbirth or sports injuries? The inner muscles tend to 'turn off' due to the pain/injury and usually struggle to properly 'turn back on' for a long time. This leads to ongoing pain or other problems developing throughout the legs. As a result, the body compensates by either;

1. Increasing the workload onto the large lower back 'mobiliser' muscles causing back muscle fatigue and spasm
2. Weakness developed in the core over time creates the person to adopt a poor pelvic and lower back posture. This means other 'global' abdominal, back and hip muscles tend to tighten up to stabilise which in turn creates secondary injuries and prevents the person to get the right 'CORE' muscles working again!

Problems with Training the CORE

CORE exercises are great to help with strength, stability and reducing back pain. However, there are a large number of people who are not doing it correctly:

1. The person has poor activation or awareness of what muscles to use, simply because the pain or injury has reduced the ability to control the right muscles. This prevents the person progression from the start.
2. Some people also attempt CORE exercises that are too advanced for them (like balancing on a Swiss ball). The body compensates and uses too many abdominal, back and hip muscles to stabilise the spine.

What to do?

If you've had lower back pain, recent pregnancy, childbirth, or sports injuries, and are having problems with training your CORE, seek advice from your Physiotherapist as soon as possible. They will be able to correct your technique and get you on a path of suitable progression.

ORIGIN NEWS

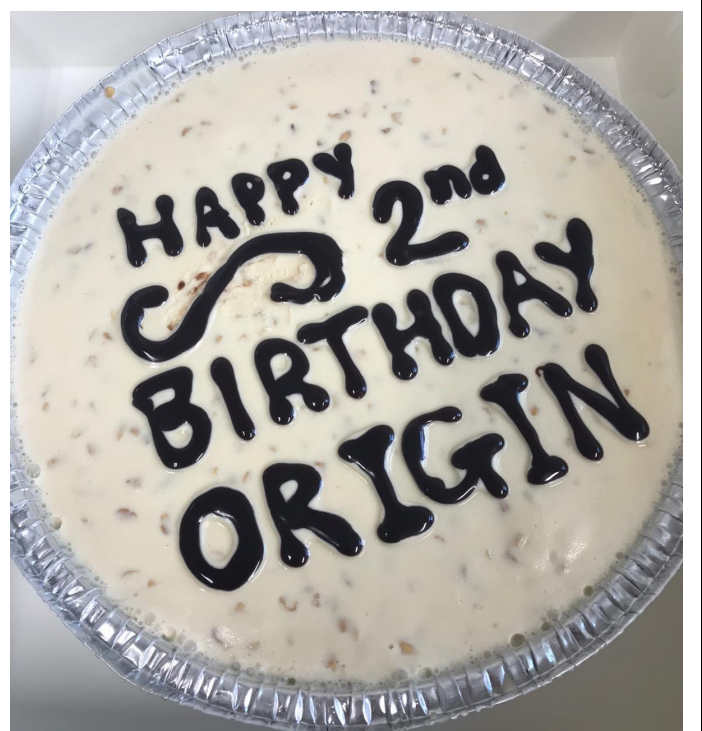
Say Hello to Nat!

We are so excited to officially announce that Natalie Wood (Physiotherapist) is staying at Origin. Nat W as we affectionately call her, came to us after the initial Covid outbreak to rent a room and take care of her loyal patients. We have worked with Nat W previously and it seems that she found such a welcome home with us that she decided to stay. So from August 2020 onwards, Nat W is officially an Origin team member with a bio and everything, check out her profile picture and bio [here](#)! We have also added her to our online booking platform so you can book appointments online now. Welcome to the team Nat W!



And then we were 2. (years old)

Origin turned two on the 6th of August and we are now a toddler. Thanks for all your well wishes and support.



WEIGHT TRAINING TIPS FOR WOMEN

Rob and Ethan love weight training and they can often be found in the gym at Origin pushing weights around. What you may not know is they write weight training programs specifically for women. Have you ever thought about weight training? Below are 4 tips.

1.

Compound Exercises

Squats, bench press, push ups and deadlifts effectively stress the long bones and promote positive bone density changes that reduce the effects of osteoporosis and reduce fracture risk in later life.

2.

Take shorter breaks

Females typically lose strength faster than males during periods of de-training and rest – Try taking shorter training breaks to minimise strength loss when on holidays or away from the gym.

3.

Cardiovascular Training

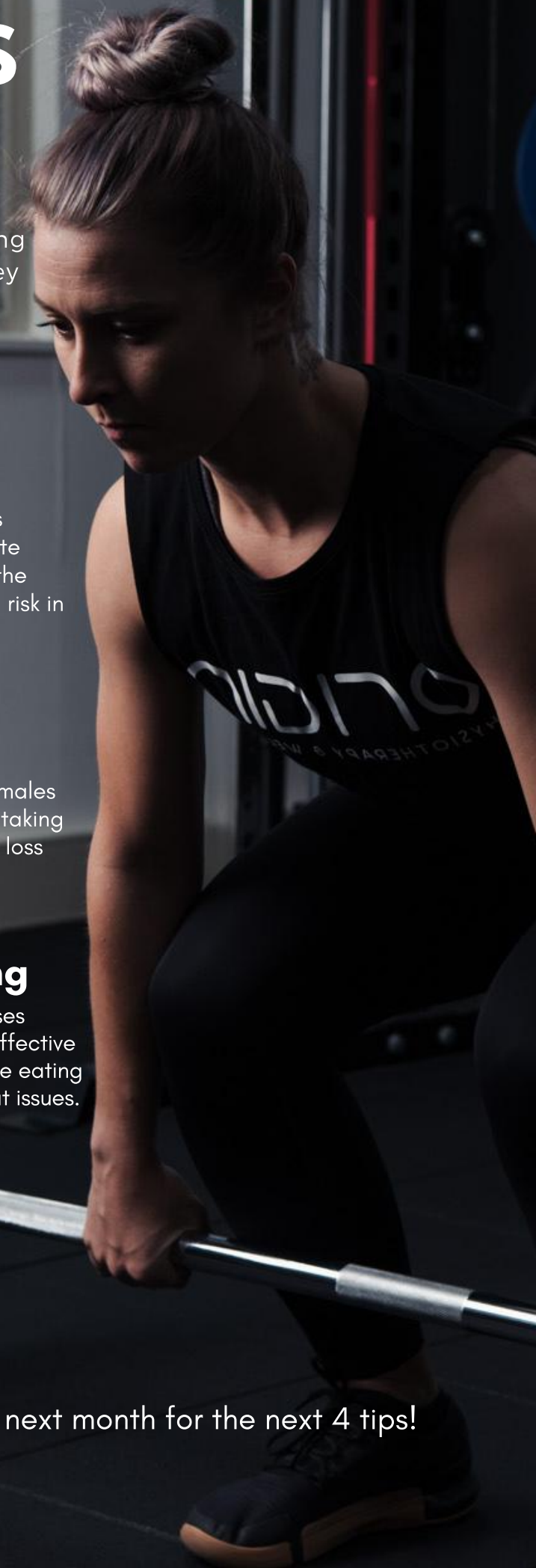
A mixture of cardiovascular training increases oxygen delivery and energy consumption, effective resistance training combined with a sensible eating plan can effectively take control of body fat issues.

4.

Self-esteem

Your self-esteem can be predicted from strength – Stronger women are indeed happier women.

Tune in next month for the next 4 tips!



Bub&Me *Physio* Classes are back!

With easing restrictions in the ACT, Bub&Me have returned to face to face classes for term 3 2020. Nat and Millie worked tirelessly planning and filming to provide an amazing resource for all pregnant and postnatal women. Bub&Me will be continuing with online classes so now have multiple ways to deliver classes and education to our mums and bubs.

For details of all online and face to face classes [click here](#).



Origin Newsletter Challenge

Congratulations to Lieta Sauluma-Duggan for winning last months Newsletter Challenge and health pack. This month we have a new challenge to test you. To win the health pack this month be the first person to email me the correct answer to the following:

Today's the day to get to know Nat, what questions do we have for you, lets pull them out of the hat!

Question one asks what relaxing past time does she enjoy? Could it be something like gardening, skydiving or even dressing up as a cowboy?

The answer to **question two** is quite impressive, and we know that Nat is very active, but did you know that she has completed more than one Hawaii Ironman Triathlon?! How many you say? Head to our website and find the answer today!

Our **final question** is about Nat on her bike, we know this one you'll like - what is Nat's speedy Kona PB? You've found the answer? Yippee!!!



Details: former winners are ineligible to enter. You must be the first to email david.selems@origin.physio. The health pack will consist of a wheat bag, foam roller, spikey ball, exercise bands and a few other goodies. The pack is valued at over \$200!