



SPRING 2016



Sports Injury Clinic has permanent clinics at Northcross and Netball North Harbour plus onsite at North Harbour Hockey during the season.

Our world-class team continue to provide expert advice and injury management plus we specialise in sports injury prevention and rehabilitation along with rehab products available both at our clinics and online so you can shop from the comfort of your own home.



We are partnered with **USL** and **Rocktape** which means we can offer you the best products at the best prices.



All of our staff wear **ASICS** clothing and footwear and our clinicians are always more than happy to give you advice on the best shoe for your sport.

We stock high quality, affordable rehab products online & at the clinic to aid in your recovery & ongoing wellbeing. Buy online – delivered to your door!

- Braces
- Tapes
- Massage
- Rehab Rubs & Equipment
- Hot n Cold Therapy
- ...plus much more

Don't forget you can also buy a gym membership to our onsite rehab gym at Northcross. No joining fees, no contracts and no cancellation fees!



SPRING SPECIAL

Foam Rollers
Large \$67
Small \$37



- Relief for sore bodies
- Great for rehab
- Irons out those muscle "knots"

Join our **POD Gym** for only **\$150 for 3 mths**

NO

contracts
cancellation fees
fixed terms

We can design a programme to suit you and your needs. We are fully equipped with rehab designed equipment, showers, lockers, filtered chilled water and changing facilities.

Massage Therapy also available – call us on 09 478 0578 to arrange an appointment

Proudly Sponsored by





**LIKE &
WIN**

Like us on Facebook & go in the draw to win some great rehab goodies! Invite a friend to Like us & get an extra entry.
Winner drawn 30th November

<https://www.facebook.com/nxphysio>

SPRING 2016

Spring Running Tips



- 1** Listen to your body. If you have had a monster day working, over-tired, organising the family, or sick with a cold, have a day off. Give yourself the time to recover. If you don't, you'll put yourself into a hole that will be hard to get out of.
- 2** Don't sacrifice technique for speed. Don't push yourself to run at a pace that causes you to rock and roll. Always run balanced. As you get fitter, you will naturally get faster & your body will move efficiently as this faster pace without risking injury.
- 3** Choose your surface wisely. There is nothing wrong with concrete, just pick & choose your runs on it appropriately. If you have to run at night, concrete is the safest option. It is also great for faster tempo runs with it being a nice even surface. If you can, aim to do your longer slower runs on softer surfaces. Because you are out there for longer, there is an increase in the amount of impact your body is having to absorb. Running long sessions on trails helps your body absorb the load, use different muscles & improve your balance. It's also a really nice way to explore while out running.

Walking

A few minutes a day can transform your health, body & mind.
Why are you still sitting?

BRAIN: Just 2 hours of walking a week can reduce your risk of stroke by 30%

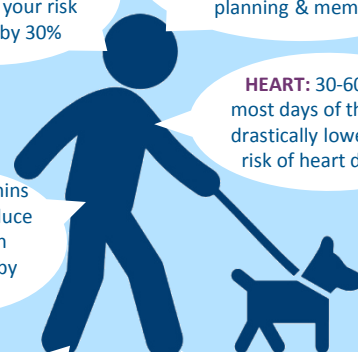
MEMORY: 40 mins 3 x a week protects the brain region associated with planning & memory

HEART: 30-60 mins most days of the week drastically lowers your risk of heart disease

MOOD: 30 mins a day can reduce depression symptoms by 36%

BONES: 4 hours a week can reduce the risk of hip fractures by up to 43%

HEALTH: Logging 3,500 steps a day lowers your risk of diabetes by 29%



TEAM SPOTLIGHT

get to know our fantastic team

Margie has recently joined our team from Australia's Sunshine Coast, bringing with her 10 yrs of experience in treating a wide range of conditions, with a particular interest in spinal, sacroiliac, and lower limb injuries.

Growing up in the bush and on the beach has given Margie a love for all things outdoors. Swimming, triathlon, horse riding, and touch football featured through her school years, but her main love is running. Having competed in everything from 100m to marathons, Margie loves the simplicity of running and how it can be done anywhere anytime with minimal equipment.

However, having competed at a high level she knows the physical demand it can place on the body, and the subsequent injury risk involved. Through her own experience and working with other athletes and professionals, Margie knows the key areas to address when assessing running style and technique, and how to build balance and strength so to maintain health and optimise performance.

When you come in to see Margie, she will assess the current problem and work with you to determine what may have led to it in the first place. You will leave with a thorough understanding of the injury, what needs to be done to fix it and how you can maintain healthy function for the future. Even if you don't currently have any issues, come in for a running review with Margie and learn some new tips and tricks to help keep you running happily and healthily into the future. Prevention is always better than cure!

Margie Atthow

