



Happy
21st
to us

On June 3rd we are 21!
Thank you to our amazing
staff and patients for making
us who we are today.

You can now book
your appointments
ONLINE
Click here to
check it out!

HYDRATION – THE FACTS

Water is sufficient to replace the fluids lost during exercise, although water alone cannot replace the minerals lost during exercise and sweating. It is advised to only consume sports drinks when completing 60 minutes or more of exercise.

500-600ml of
water two hours
before the game

PRE-HYDRATION

250-500ml
during warm-up
150-300ml
during breaks

HYDRATION

1-2 litres
after the game

RE-HYDRATION

FASCINATING PHYSIO FACTS

CLICK

**Physio can help
you to avoid knee
surgery**

CLICK

**Benefits of
exercising outdoors
in winter**

CLICK

**Meet
our Team**

WINTER SPORTING TIPS from JOJO the PHYSIO

SHOES

Don't test drive a brand new pair during a game. Wear them in a little or make sure last years ones are in reasonable condition.



ANKLES

If not sure get the trusty SIC team to tape them up before you play. Check your braces for wear and tear, wear decent long socks with them and tie your shoes nice and tight.



ACHILLES & CALVES

Always a lot more workload on this area during a game compared to all the miles you may have run over summer. Warm up slowly for at least 15 minutes for each game. Stretch down after and if Achilles are niggly consider rock tape and heel raisers available at our SIC clinics.



HYDRATION

Even winter sports can be humid which zaps the water levels while playing sport. Stick with cool water even freeze your bottle the night before, top up with an energy drink between games and stay off your legs in the breaks!



NUTRITION

Have a good breakfast of cereal and yoghurt and fruit or whole meal toast and egg 2 hours prior to warm up to ensure you have energy for the day. Top up with light snacks of fruit and muesli bars as needed on the day and watch for the signs of fatigue such as cramping or poor concentration....fuel the fire ladies!



WINTER WALKING WORKS WONDERS



During the cold & dreary winter months it's especially important to make sure you still get outside in the (brisk) fresh air & exercise. A great way to do this is by going for a walk & exploring some of our many local gems.

Try the North Shore Coastal Walk & the Okura bush walk. You can tailor the coastal walk by starting at any of the beachfront pathways and enjoy a scenic stroll along the beachfront pathways or involve a bit of track walking

The Okura bush walk is a bit more adventurous being a native bush walk which winds along the Okura Estuary. It is much closer than you think but feels as though you are miles away. Rug up warm and make sure to drink plenty of water (note: coffee does not substitute for water, even though we would all like it to).