

Merry Christmas

from the team at
Sports Injury Clinic

**CLICK
HERE TO
BOOK
ONLINE**

We wish you a very Merry Christmas plus a Safe & Happy New Year

We are open throughout the holiday season
(Closed on Sundays and statutory holidays only)

SUMMER RUNNING FITNESS TIPS



START SMALL

Ease your way into building your distance, 10% increase each week.



LISTEN

Listen to your body, any sharp pains or shin splints need attention. See your physio!



SHOES

Wear the right shoes. Don't scrimp on good footwear or you may pay the price with issues as you train.



PATIENCE

Regaining fitness takes time. Give yourself a chance to train consistently & safely to prevent injury.

Call us on 478 0578 if you would like to book an Activity Risk Assessment or a Return to Play clearance.

SPORTS INJURY CLINIC 12 DAYS OF CHRISTMAS – THE PHYSIO EDITION



On the twelfth day of Christmas my physio gave to me

- 12 sets of lunges
- 11 resistance stretches
- 10 minutes of treadmill
- 9 leg extensions
- 8 manipulations
- 7 injuries prevented
- 6 shockwave treatments
- 5 spikey balls
- 4 follow up appointments
- 3 types of strapping
- 2 chats on rehab



And a rub on my really sore knee

CHRISTMAS RECIPES FROM THE CREW – CLICK ON THE LINKS



**BEX'S
BANOFFE PIE**



**NICOLE'S
SPICED COOKIES**



**STEPH'S
TIM TAM
CHEESECAKE BALLS**



**JUDE'S
SALTED CARAMEL
WHITE RUSSIAN**

SUMMER SAFETY



HELMET SAFETY

- Wear the appropriate protective gear
- Stretch thoroughly before and after
- Start hydrating before all activity and well after you finish



WATER SAFETY

- Adult supervision at all times – no exceptions
- Check the depth before you dive – don't know, don't dive
- Check pool gate safety latches are in good working order



SUN SAFETY & HYDRATION

- Slip, slop, slap – even on overcast days
- Hydrate regularly even if you aren't thirsty
- Ensure children in your care hydrate also



GARDENING

- Wear protective footwear when mowing lawns
- Use gloves, mask & dampen potting mix



SPORTS

- Wear the appropriate protective gear
- Stretch thoroughly before and after
- Start hydrating before all activity and well after you finish

STUCK FOR CHRISTMAS IDEAS?

Click [HERE](#) to check out our online store or call us on 09 478 0578 and we can put together a gift pack tailored to your needs and budget.



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Jo



"Snoopy's Christmas"

Wayne



"Let It Snow"
Frank Sinatra

Connor



"Fairytale of New York"
The Pogues

Rebecca



"Driving Home for Christmas"
Chris Rea

Nicole



"All I Want for Christmas Is You"
Mariah Carey

Steph



"Jingle Bell Rock"

Lois



"Snoopy's Christmas"

Jude



"All I Want for Christmas Is You"
Mariah Carey