



Covid 19 – Clinic protocols

Please [CLICK HERE](#) for information on how we are handling the ever changing situation surrounding the Covid 19 pandemic.

Pre season sport tips



SHOES

Don't test drive a brand new pair wear them in a little, make sure last years ones are in reasonable condition. Come and see us for shoe advice if you are unsure – we sell ASICS shoes at our netball clinic.



ANKLES

If not sure, book in to get your physio 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. If you are still nursing an injury from last season come and see us for a “return to play” clearance.



ACHILLES & CALVES

Always a lot more workload on this area in sport 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 your Achilles are niggly consider K-tape and heel raisers available from both our clinics.



HYDRATION

All activity zaps your hydration 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!

Do You Lace Lock?

Those extra holes in your shoes do have a purpose!
Lace locking provides extra rear foot stability as well as allowing space for toes which helps to avoid toenail trauma



Thread laces as normal then through final eyelet on same side the lace emerged from.

Thread the free end of each lace through the opposite loop. Pull ends firmly & tie bow as normal.

Lacing complete! You may need to consider longer laces if there is insufficient lace to achieve a secure bow.

Basic Back Stretches

Basic back stretches which are a great way to start your day. However, don't ever suffer unnecessary back pain – come and see us if you need an assessment and treatment.



Lie flat on your back with toes pointed up to the ceiling. Slowly bend your right knee and pull your right leg up to your chest for 30 seconds. Slowly place leg back to the starting position. Repeat with your left leg – three times each leg.



Kneel on all fours, hands directly beneath your shoulders and knees directly below your hips. Arch your spine as you look down and exhale. Inhale as you raise your head and reverse your arch as you tighten your core muscles. Hold each position for 30 seconds and repeat 10 times.



Kneeling on the floor with your knees slightly wider than your hips, your toes turned in to touch, hands down by your sides. Slowly stretch your arms out fully along the floor as you drop your head until it rests gently on the floor. Hold this pose for 30 seconds. Repeat three times