



# Muscle

People 

Physiotherapy



## Female Specific Problems in Sport

*Don't let your injuries slow you down!*

Stress urinary incontinence (SUI) can be a major issue with many females involved in sports. SUI is defined as an involuntary leakage of urine during increased abdominal (tummy) pressure. Abdominal pressure increases during coughing, sneezing, standing up from a seated position and on impact, such as landing from a jump. SUI is usually due to incorrect timing of pelvic floor contractions with an increase in abdominal pressure or weakness of the pelvic floor muscles.

SUI can occur with many sports. In a study carried out in Denmark, gymnasts reported the highest rate of SUI at 56% compared to other sports such as ballet (43%), aerobics (40%), badminton (31%) and volleyball (30%). Gymnastics as a sport involves huge impact forces. It is thought that some simple landing skills can cause vertical ground-reaction forces of up to 15 times body weight and this is likely to be much greater in more complex landings. Also, gymnastics has a high incidence of back injuries which can cause weakness in the low back and pelvic regions. This therefore, may indirectly affect pelvic floor muscles with repeated back injuries resulting in weakness of the pelvic floor muscles.

SUI can also be an issue for young mums wanting to return to exercise. After pregnancy and birth, the pelvic floor muscles will have gone through trauma which will again cause weakness. This can make the slightest of tasks cause leakage initially and although this will improve, returning to high impact sports such as running can cause the problem to return.

Many females with SUI do not seek treatment for their condition. This may be due to a number of reasons - the leakage may be so small it may be thought to be normal or not warrant treatment or many women are too embarrassed to discuss the problem.

Physiotherapy has been shown to an effective way of helping with SUI. Physiotherapy for SUI involves education on the problem and strengthening pelvic floor muscles. Physiotherapy can help reduce leakage even if the female does pelvic floor exercises regularly. The issue may not always be with strength but can also be to do with timing of contractions or technique.

Muscle People Physiotherapy can offer such physiotherapy services - Please phone for an appointment with Kevina at

Bishopdale ph 360 3606, or Laurie at DOC ph 365 9700, requesting an hour long appointment for an SUI Women's appointment.

SUI as well as Urge Incontinence can also affect women after menopause. Hormonal changes can cause muscle weakness and thinning in the pelvic floor region. This may present similar or different to SUI in sports people. This will be discussed in a following newsletter.

Kevina Reel  
Physiotherapist

### CHRISTMAS GIFT PACKS

Wheat bag and Antiflamme



**Just \$25**



# SPONSORSHIP

*Muscle People are proud to have provided sponsorship in the local community. So here's some news about how some of our beneficiaries have got on.*

## **Paul Davies latest update**

The South Island Champs is always attended well. The atmosphere is relaxed and the setting is great with good viewing for spectators. The swim is in shallow, mild waters and usually very calm, the bike course is flat but generally we will have to contend with winds from the east and the run is a three lap mix of seal and off road around the lake's edge.

Race day brought very cool temps with some rain, winds fairly light and we started the swim in a flat lake for a two lap swim. I came out of the water in 29mins, around 4mins behind the lead male.

The bike ride was tough to get into, the wind and sleety rain didn't help warming up and it took me until the second lap to settle into things and get comfortable. I was able to make up the 4mins just by the end of the 90km jumping into T2 in second place with the top four males only a matter of seconds apart.

The run for me was a test as the previous two races I had really struggled in the run, I wanted to run my own race and quickly settled into 4min km pace, letting two others take off around the lake. It was always going to be close for second and third place, both of us taking the pace to each other throughout the three laps, unfortunately I was unable to close the gap back up before the finish line and came in third place with a time of 4:24, 4mins behind first place and 20secs from second.

Overall, I was very happy with the day out and I'm looking forward to Challenge Wanaka in January 2010.

I would like to thank Muscle People Physiotherapy for their continued support. This is the second season Muscle People has got behind me and this enables me to travel to the major events and race against strong competition so I am able to race for New Zealand.

Paul Davies



## **MUSCLE PEOPLE ROWING CORPORATE EIGHT**



*Coxswain: Kevina, stroke seat to bow seat: Julie, Charlie, Grant, Tim, Helen, Nerissa, Courtney and Kelly. Coach Kate*

**It started when nine of the Muscle People staff, and friends and family of, agreed to take on the Canterbury Rowing Club Corporate Challenge 2009. We started our first training on the erg (rowing machine) and meet our fantastic couch Kate Drent, where she took us step by step through a perfect rowing stroke.**

**Over the next eight weeks we had three trainings a week, one in the evenings after work in the dreaded indoor erg room, one so early in the morning before work we were there to see the sun rise, and the other on Saturday morning.**

**It did not take long for us to gel as a crew, and we noticed improvements each session we took to the water. We had an Indoor Rowing Challenge four weeks in and all improved our erg times by a substantial amount.**

**On Sunday the 18<sup>th</sup> of October the on the water regatta took place where we were competing against 16 other corporate crews. It was a brilliant event where all the crews could put all their hard training into practice, we had two races in total and ended up in 9<sup>th</sup> position. We all enjoyed the day and are looking forward to taking on the challenge again next year!**

**Big thank you to our coach Kate Drent and also to the Muscle People management for the support to help us to compete in this event.**



## Hamstring problems in runners

The hamstring muscle group has three main muscles. These are bicep femoris, semimembranosus and semitendinosus. Hamstring strains are common injuries that occur in sprinters and sports involving sprinting such as soccer and hockey.

Injuries usually occur when the hamstring suddenly stretches or rapidly contracts against resistance. There are several pre-disposing factors for hamstring strains:

### Previous Injury

Previous hamstring injury is a huge risk factor for re-injury. This may be due to poor strength in the muscle or due to inadequate rehabilitation of the original injury. Also, previous groin, hip, low back or calf injuries may predispose to hamstring injuries.

### Age

There is an increased risk of hamstring injury with increasing age. Muscles degenerate with age meaning muscle size and mass decreases correlating to a decrease in strength. Spinal degeneration causing nerve root problems may also lead to hamstring problems.

### Flexibility

Research has shown there is a definite link between hamstring muscle tightness and development of a hamstring muscle injury. Studies in the U.K showed that more hamstring injuries occurred in soccer teams that did not stretch very often, compared with those that did stretch.

### Strength

Decreased strength is a significant predictor of a hamstring injury. Decreased strength may be due to previous injury.

### Lumbar and Pelvis Stability

The hamstring muscle group attach to the pelvis and so pelvic tilt position may have an effect on risk of hamstring injury. Changes in the position of the pelvis will cause changes in hamstring length. Improvements in core stability may reduce the risk of recurring hamstring injuries. It is important to incorporate core strengthening in hamstring rehabilitation.

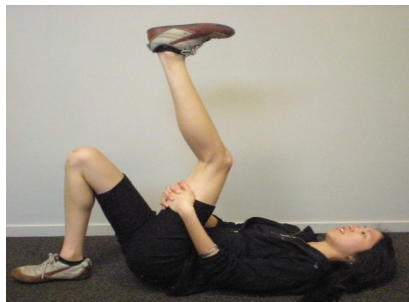
### Prevention of Injury

#### Stretching

It is important before beginning sport to do a gentle warm up which should include stretching the major muscle groups - quads, hamstrings, calf and groin.

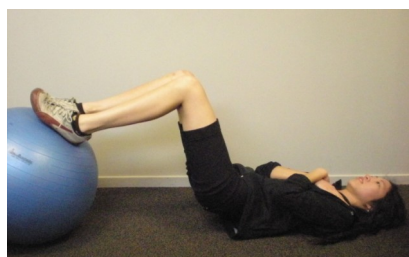
Hamstring stretches can be done as follows:

Stretching can be done by standing or lying, keeping knees soft and bending forwards from the hip. Stretches should be held for 20 to 30 seconds.



#### Strengthening

Increasing strength in weaker hamstrings can lower injury. The hamstrings can be strengthened in many ways



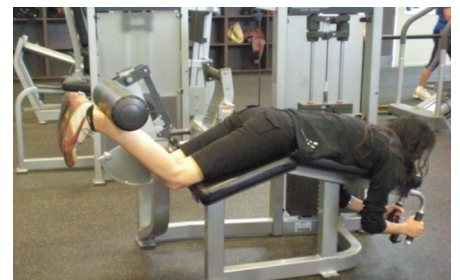
Hamstring curls on a swiss ball

Beginning with legs straight out, bottom lifted off the mat and curling ball towards bottom. This should be repeated 10 -12 times.

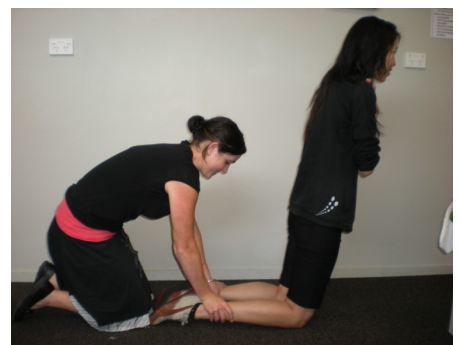


Bridging -

Begin lying on your back and slowly raise your body up squeezing your bottom at the end of range holds for 10 seconds and lower down. Repeat 10 - 12 times.



Prone curls in gym repeated 10-12 times.



Eccentric strengthening -

Get another person to hold your feet and slowly lower your body to the ground.

Kevina Reel  
Physiotherapist

# Christmas / New years opening hours

Wishing you all a happy and safe Christmas and New Years holiday break

If during your holidays you need our services we are open normal hours through Christmas and New Years with the exception of closing a little earlier at 4pm on Thursday 24th and 5pm on Thursday 31st of December



## Exercise Ball (Swiss Ball) - Anti-Burst

**15% off with this voucher - While Stocks Last** (exp. 31/01/10)



Swiss balls are one of today's top fitness tools! They are an inexpensive piece of equipment that offer you a fun, safe and very effective way to exercise. They enable you to perform a high variety of exercises that will benefit you in muscle strengthening, stretching, core stability, abs toning and even weight loss

## Our Clinics

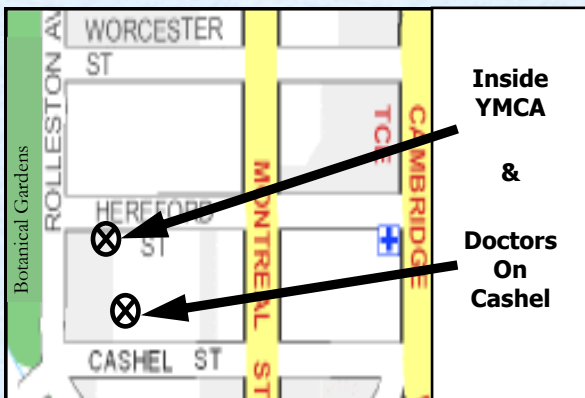
**Bishopdale YMCA Clinic**  
13A Bishopdale Court  
(behind Bishopdale Mall)  
Ph: 360 3606 Fax: 360 3616  
admin2@musclepeople.co.nz

**City YMCA Clinic and Practice Manager's Office**  
12 Hereford St, Christchurch  
Ph: 961 0236 Fax: 961 0237  
admin@musclepeople.co.nz

**Doctors on Cashel Clinic**  
7 Cashel St,  
Christchurch  
Ph: 365 9700 Fax: 365 2325  
admin@musclepeople.co.nz

[www.musclepeople.co.nz](http://www.musclepeople.co.nz)

### City YMCA Clinic and DOC

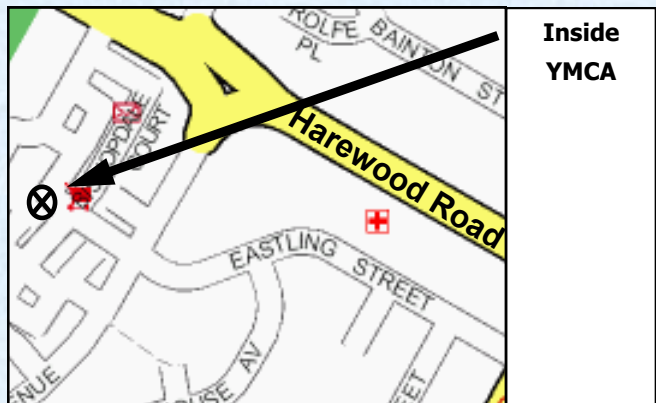


Inside YMCA

&

Doctors On Cashel

### Bishopdale YMCA Clinic



Inside YMCA



Muscle People are ACC providers and meet the Health and Disability NZ auditing standards requirements. They are WorkHab assessors, fully qualified to complete worksite and functional capacity assessments. Visit their website to find out more about the services provided.