

IN BALANCE

The newsletter of Bodybalance Physiotherapy & Sports Injury Clinic

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Summer Sports Spectacular

What an incredible summer of sport! There has been something for everyone to cheer about.

Here at Bodybalance the team has been heavily involved with the Olympics and Paralympics. Our summer started with the massage team treating the Afghan and British Virgin Island teams as they trained at the Herts Sports Village before moving to East London.

Nicki was lead physio at Team GB's pre-Olympic training camp in Loughborough before heading off to the velodrome as a volunteer at the cycling for the Olympics and the Athlete's Village for the Paralympics. George had an awesome experience as a Gamesmaker at the athletics, Kessie managed the injured fencing athletes at Excel, and Karen helped everyone with recovery massage back at the Athlete's Village. What an experience to be part of such a great Olympic Games!

Kessie has also been away to Texas with the GB Bobsleigh team for their sprint training camp and has been working with the victorious Arsenal Ladies in both London and Barcelona. Eric has been away again with Artemis Racing at the America's Cup; this time to the USA, visiting Newport, R.I. and San Francisco. Not quite a summer of rest and relaxation this year!

But now for the winter sports season...We're very pleased to be supporting the Herts Mavericks in the FIAT Netball Superleague as well as starting an exciting programme with Oaklands Basketball Academy.

Why not keep yourself going through the dark, winter months by taking advantage of our special offer on Sports Massage - Buy 3 massages, get the 4th FREE!

Online booking - now at both clinics

Online booking is now available at both of our clinics. As of October 2012, you can make your bookings online for our North London clinic.

To use the online booking facility, simply go online to www.bodybalancephysio.com and click the link in the top right corner.



Our Muscle of the Month: the calf muscle

The calf is made up of two muscles: gastrocnemius (“gastrocs”) is the larger, more superficial muscle; and the soleus is the lower, deeper part of the calf complex. Gastrocs starts at the back of the knee, on the lower end of the femur (thigh bone). Soleus starts lower down on the tibia. Both merge together to form the strong, thick Achilles tendon which attaches at the back of the heel.

The main role of the calf is to push your foot into the ground, thereby raising the heel and lifting you onto your toes. We use the calf muscle every time we walk, run or jump. Gastrocs can also help to bend the knee and soleus is very important in supporting our posture while standing.

The calf can be injured both acutely and chronically. Acute muscle injuries usually happen with sudden bursts of acceleration and are more common in the inside (medial) part of the gastrocs. The calf muscles can also be chronically tight; wearing high heeled shoes is a common cause of problems as it keeps the calf in a shortened position for long periods.

Good flexibility in the calf can help prevent injury to both the calf and other parts of the leg. This picture shows some good calf stretching positions – gastrocs is stretched with a straight knee and soleus with a bent knee. Hold for 30 seconds and repeat 3-4 times on each side.



Opening times:

Mon -Thurs 8am - 8pm,
Fri 8am - 6pm & Sat 9am -1pm

Contact us:

Hertfordshire Clinic:

Sports Performance & Development Centre
Hertfordshire Sports Village
Hatfield Business Park
Hertfordshire, AL10 9EU

Appointments : 01707 284910

North London Clinic:

Laboratory Spa & Health Club
1a Hall Lane
London, NW4 4TJ

Appointments: 0208 4573300

All Enquiries: 01707284910

E: info@bodybalancephysio.com

Meet our new physiotherapist

Alan Barbero has joined our North London clinic at the Laboratory Spa & Health Club in Mill Hill. Prior to becoming a physiotherapist Alan was in the Military for 11 years, working as a sports therapist with the British Army football and rugby squads.

He has a particular interest in back and neck problems; bringing a mix of excellent manual therapy skills and experience in Pilates and functional movement training. He is currently studying for his MSc in Sports & Exercise Rehabilitation.

He is available on Wednesday afternoons and Saturday mornings.

