

NEWS

Summer is here! So are the possibilities for more sport and activities as we all enjoy being outside again. Wimbledon inspires us to get back on the tennis court and this year the Tour de France starts in London, so no doubt we will all be galvanised into cycling! Our Summer newsletter has really informative articles so please read and help yourself to an injury free Summer.

Our clinics at Battersea and Chelsea are going from strength to strength and we have a great team with a wealth of experience in all areas of physiotherapy. Our ante/post natal classes and Pilates continue to be really popular so make sure you book up early to get your spot!

As always, please do give us a call if you have any questions or pop in to see our clinics and meet our team.



THE TENNIS SEASON IS HERE SO DUST OFF THE TENNIS RACQUETS, BUT BEWARE OF TENNIS ELBOW!



Tennis elbow is a repetitive, overuse injury of the tendons that attach two of the extensor muscles of the wrist to the elbow.

It is a painful condition that is characterised by localised pain over the bony prominence on the outside of the elbow.

It is not only tennis that causes this condition but any activity that requires repetitive extension of the wrist, such as painting and decorating. When tennis is the cause the following factors need to be considered.

1. **The movement patterns and posture of the player.**
2. **The grip size and position.**
3. **A change in stroke, especially the backhand.**
4. **A different court surface.**
5. **A different racquet string tension or weight.**
6. **An increased intensity of play**
7. **Irregular play/practice**
8. **Poor warm up/stretching.**

TREATMENT

Firstly, see a physiotherapist for an accurate diagnosis and to ensure there is no cervical or neural cause for the pain. They can then initiate a treatment plan that may involve;

- Mobilisation of the elbow joint.
- Stretching of the shortened muscle tissue.
- Frictioning to improve the muscle condition.
- Ultrasound/ice/acupuncture.
- Taping or strapping techniques to offload the tendon.
- Rest from the aggravating activity.
- Analysis and correction of faulty positions.
- Specific exercises to improve stability and mobility of the shoulder and spine.

PREVENTION

Ensure that you have a good technique and check that you have the correct grip size and string tension. Always warm up and stretch and after a break from playing, make sure you get back into it gradually and then keep up a regular level of play.

PHYSIO FOR ALL

Physiotherapy for the whole family

sports injuries • back problems • baby and childrens clinic • womens health • podiatry

GUIDE TO STRETCHING

The purpose of stretching is to increase the flexibility of a muscle or muscle group. This can reduce the risk of injury, speed up recovery after training and be a component of treatment for certain conditions.

The type of stretching done should be tailored to the individual and the flexibility and muscle demands of their chosen sport or activity. It is essential that stretching is done with the correct technique, quality and at the correct time.

GENERAL PRINCIPLES

There are many different ways of stretching but the least complicated and most common is passive or static stretching. This is where you assume a position and hold it with another part of your body, someone's assistance or a piece of apparatus.

- The muscle's insertion and origin must be moved as far apart as possible.
- The muscle must be relaxed.
- The starting position must be stable.
- Only stretch one muscle at a time.
- Do not load a joint at end range as this can lead to increase laxity of the stabilising structures.
- Only stretch after warm up.
- Always stretch following training or activity.
- Do not stretch immediately before an activity requiring maximal explosive power.
- Stretching should be progressive, increasing as the muscle increases in flexibility.

When the purpose of stretching is recovery from heavy muscle work, such as after a gym session or game of tennis, a stretch should be held for a minimum of 20 seconds and repeated 3 times. When stretching to lengthen a shortened muscle such as with an old injury

or congenital condition, the stretch should be held for several minutes and done at least 3 times a day for weeks.

The other forms of stretching are:

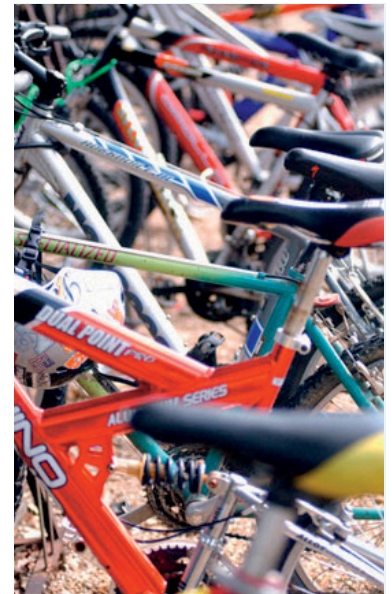
- 1. Ballistic.** This is the 'bouncing stretch', where you use the momentum of the moving body to force it beyond its usual range. This can lead to injury and is not advisable.
- 2. Dynamic.** This involves moving parts of the body and gradually increasing reach and speed of movement. It is controlled and therefore not to be confused with ballistic stretching. It is recommended that these are done in sets of 8 – 12 repetitions.
- 3. Active.** A stretch where you hold a position with no other assistance other than using the strength of your agonist muscles, (these are often the stretches assumed for yoga). These are hard to hold and rarely need to be held for more than 15 seconds.



4. Isometric. Is a type of static stretching which involves the resistance of muscle groups through tensing of the stretched muscles. This is more effective than either passive or active stretching alone but can be more difficult to carry out and is not advised for children. To carry out an isometric stretch assume the position for a passive stretch and then tense the stretched muscle for 7-15 seconds against a force that will not move. Finally relax the muscle for 20 seconds.

5. PNF (proprioceptive neuromuscular facilitation). This is actually more a technique of combining passive and isometric stretching in order to achieve maximum static flexibility. However it is most effective when performed with a partner or physiotherapist.

If you would like to know more or want to be shown an appropriate programme contact one of our physiotherapists for an individual plan.



CYCLING IS GREAT FOR YOUR HEALTH!

The Tour de France kicks off in the UK this Summer, with a 5 mile lap of central London. What a great excuse to get motivated and start cycling. Cycling is one of the most enjoyable and effective work outs and has many health benefits including increased strength and stamina, decreased blood pressure, improved balance and coordination and improved psychological well being. It is also one of the preferred activities prescribed by physiotherapists for knee injuries/ Osteoarthritic knees and post operative knee surgery as it is low impact and reduced load through the knee.

It is important that you get the bike correctly adjusted to your height and limb length and that you have good technique. Our physios can give you this advice to ensure that you get the most out of your bike and don't forget our gym at Chelsea is open to anyone who would like to get fit under the supervision of a physiotherapist.

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