

SUMMER NEWSLETTER

30th Nov 2021

SYDNEY WOMEN'S PHYSIOTHERAPY

RETURN TO RUNNING SAFELY

Returning to running post partum or with prolapse, stress urinary incontinence, pelvic pain or musculoskeletal concerns can be daunting. At Sydney Women's Physiotherapy, we acknowledge the cardiovascular, strength and mental health benefits from running and thus would never want anyone to miss out.

As a result, we have developed a unique program that is designed to assist both men and women in achieving their running goals safely.

What is Run Group?

Run Group is a unique program designed and held by our resident running enthusiast pelvic health physiotherapists Marissa and Kimia. They have extensively researched the biomechanics of running and with their knowledge of pelvic and musculoskeletal health they are able to assist both men and women to safely return to and progress their running.

Weekly runs of varying challenges such as endurance, intervals, hill sprints and speed focused sessions are held. Thorough warm ups and cool downs are incorporated in to the session.

During each run, a biomechanical assessment will be performed with tailored and individualised advice given to each patient. In addition, awareness of any deficits/weaknesses will be observed and noted to their relevant physiotherapist for exercise prescription to improve control/strength. If the patient is not undergoing regular physiotherapy, then Marissa and Kimia will provide exercise prescription as part of the program.

Footwear advice will also be provided if required.



SYDNEY WOMEN'S PHYSIOTHERAPY RUN GROUP

Who is Run Group targeted to?

- Anyone post partum
- Those suffering with pelvic organ prolapse and/or stress urinary incontinence
- Those with musculoskeletal complaints such as low back pain, pelvic pain, hip pain, knee pain and ankle pain
- Those who feel as though their running is not progressing
- Those who want to start running but are not sure where to start

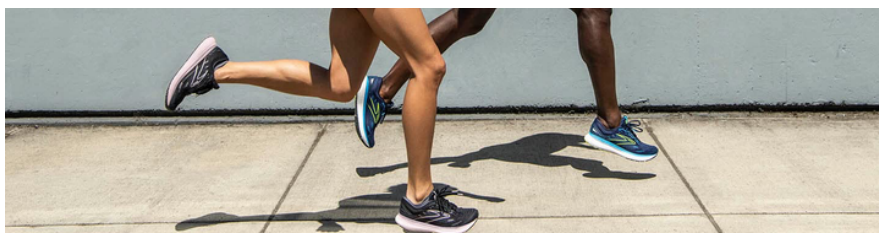
Why is it so important to allow our patients to continue with their running?

For so many of our patients, not only do they perform running for the cardiovascular and strength benefits, but also for the mental health benefits. Many patients report that if they have to stop running for a period of time that their mental health is significantly affected.

In addition, today's society is extremely time poor and often experiencing financial difficulties, particularly with the effects of COVID lockdowns. Running is a free form of activity that does not require a lot of time and therefore is extremely accessible for many.

How does someone join Run Group?

If the participant is not already a patient at our clinic, an exercise assessment will be performed prior to starting to the group. This will ensure patient's safety and that their goals are being met. If the patient has concerns regarding pelvic organ prolapse or stress urinary incontinence, or is post partum, a pelvic floor assessment is recommended for more detail.



For more information please contact our friendly team:

info@sydneywomensphysiotherapy.com.au

(02) 8883 5360



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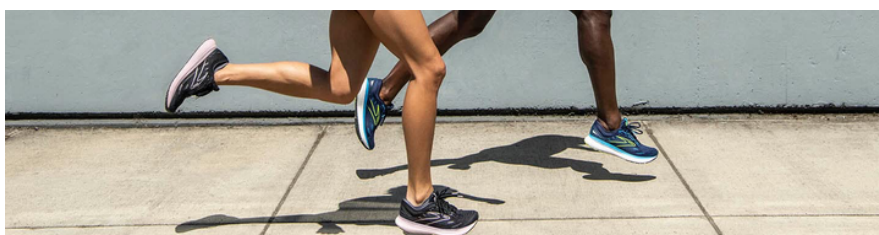
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