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## Physio on Ross New Year 2024 News Update

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# 2024 UPDATE

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## Welcome to 2024. And the "January Curse"...

### In this update:

1. The January Curse
2. Physical Screen Assessments - Pre-Sport for Young & Old
3. Reminder about Stretches in your workplace



## 1. The January Curse

Best wishes for the New Year. The very best of health and happiness for 2024 to you.

**Today we will discuss the peak in client injuries we see in January of each year in our clinic - the “January Curse”.**

What happens to you?

Firstly, you probably had a well-earned break over the festive season. You may have travelled, slept in different beds with different pillows, and you are completely out of routine.

You had fun - sitting too long, eating more and perhaps drinking more.

It is summer and hot - not conducive to normal exercise. Great to just chill...

**In summary, our bodily fitness and health is usually at its lowest for the whole year.**

By all means make a New Year resolution of improving your health and fitness but please start your return to fitness conservatively.

It doesn't matter what activity you choose, just start steadily (leave something in reserve) and allow your body to harden and acclimatise.

Remember as your body probably isn't in its best shape (yet), we need to prepare the body steadily before we jump in the deep-end with your normal intensity.

## **RUNNING**

Please do not go straight into running as your first choice of fitness. Do not underestimate the jarring and the forces that go through your lower limbs especially through the knees (up to 5 times your body weight of jarring with each landing step depending on the speed and incline).

Ideally, if running is your choice, it would be beneficial to do some light gym/cycling/hydrotherapy/Castle Hill walking etc to start your body in preparation.

I would also advise not to go full into running instead consider running in intervals – eg walk/run/walk/run and gradually increase the running percentage. Initially exercises are to on flat ground and then later consider it longer and faster or include hills if you are coping.

### **DIFFERENT ACTIVITIES**

Also remember THAT even if you are reasonably fit and are used to exercising in a particular way, it doesn't necessarily mean you will have no issues with a new activity or sport.

For example if you regularly walk or attend gym, and then you take up a new sport ( eg tennis) you may be surprised at how sore you pull up over the following 2 days.

Every sport has different forces and strains specific to it. If you're about to take up tennis fixtures as an example, you might consider going for a practice but with a friend just for half an hour. Don't play for points or anything competitive just allow your body to pick and choose which balls to chase.

Gradually increase the next hitting practice to  $\frac{3}{4}$  of an hour, and later one hour with adding a few tennis 'drills' or just playing first to 10 points eg not a full competitive set.

You get the idea - ease into your activities to give your body the chance to adapt.

## **2. Physical Screen Assessments**

Younger clients (and a few older ones!) may also be starting pre-season fitness in preparation for pre-season training.

In any professional sports establishment, **a pre-season physical assessment and screen** is incredibly powerful in assessing for muscle and joint deficiencies.

With this screen you can then organise a program to work on your weakness, and try to prevent injuries which are painful and force time on the sidelines.

**Every client has specific areas to target whether it be tightness, weakness or a poor core. Every client!**

Rather than think "*I hope I get away with (this issue) this season*" - arrange a screen assessment to take control and get onto the front foot to play your best. The Screen includes a home program to turn your weak or vulnerable zones into power zones.

We also review and assess past injuries to ensure that they really have fully recovered.

You already know that if there is a weakness or other issue, our bodies compensate to protect it - and this can make us susceptible to further injuries.

As you improve with your individual list of exercises and achieve your set short term, tactical goals, the home program can be modified to suit.

This Screen is more commonly used by organisations and higher level athletes, but it is also a very good idea for anyone at any level who is about to begin a fitness program. For example, if you are a bit out of shape and this is the year you re-take control of your fitness - this Screen is also for you! Use the same tools that that pros use!

Contact Reception on 4728 2116 with enquiries about Fitness Screens and to book a time.

### 3. Simple Workplace Stretches

Back to work? Start with good habits to keep your neck and back happy all year. [Click here for Four Simple Stretches for Office Workers.](#)



### Clinic Information

- **Physio sessions are available on Saturday mornings** - you need to book in early as lots of people find this the best time.
- **Please allow up to a FULL HOUR** for your consultation (and you don't pay more). This allows the time needed to get to the real core of the issues, create a simple and effective plan, and give you some relief today.
- **Booked Out?** If the online booking system says there are no spots available and you need attention now - **CALL Trish on 4728 2116 and they will move a mountain or two to try and fit you in.**
- **Clear, Written Home Treatment Plan.** When you leave after an appointment with us, you will have a clear, written plan and timeline for

your treatment program. This is the key to the best results, both in the short and long term.

**[For Online Bookings Click Here](#)**

**For Enquiries or Phone Bookings Call 4728 2116**

**Email: [admin@physioonross.com.au](mailto:admin@physioonross.com.au)**

**Great health and vitality to you!**

***The Physio On Ross Team***

***(Brett, Riley & Trish)***



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