

your eyes narrow thanks to the obli-vukarus eye muscles.

### How does this make you feel?

Like your head's aching!

### When you can't understand what's happening on the screen what do you do?

Scratch your head and squeeze your forehead in confusion – to try and ease the temporalis and frontalis muscles leading to more headache!

Yoshiko Beer has been a valued member of Richmond Physiotherapy for many years. In 2017 she attended the Raku training course in Japan and now she practices her own approach to

the treatment of tension headaches. Her patients find great relief and comfort in her techniques so if you suffer from tired eyes, tension headaches or insomnia, why not book on-line or call reception on 020 8332 1132 to book an appointment with her.



#### NEW YEAR 2019

#### Injury is an opportunity

#### Meet Jess

#### Japanese head massage

#### Running seminar

### Injury is an opportunity

Who thinks like that? How can an injury be anything other than a setback? You're training towards a goal and now you won't make it. You've pushed so hard, achieved so much and now it's all over!



Cat Benger from ABC Pure takes a different view. Cat's been training athletes for over five years, combined with ten years of personal experience competing in triathlon. Yes, she's learned a thing or two about managing injuries – her own as well as those of her clients. Cat sees every injury (or any setback) as the perfect opportunity to review. And she's right.

'The bigger the sacrifice the greater the comeback'. That's her mantra and it's a good one. Cat knows that she will come back from injury and when she does she will be stronger than ever. This is the secret to following your path and reaching your goals.

#### Take a Breath

Think about it and see injury as your time to reflect. Ask yourself if there were niggles or twinges that you ignored. Pain usually surfaces for a reason. How about that training regime, what can you do differently? What skills could you develop further? And pain is a feeling that links into your emotions. Repair and recovery is not only a physical process but also a mental one. Accept that, allow it and review your practice. Think carefully about your

#### Contact us

To make an appointment or just to get some friendly advice do get in touch.

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Tel 020 8332 1132

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#### Opening hours

Monday 7.30am – 8.00pm  
Tuesday 8.00am – 8.00pm  
Wednesday 7.30am – 8.00pm  
Thursday 7.30am – 8.00pm  
Friday 7.30am – 8.00pm  
Saturday 8.00am – 4.00pm  
Sunday by arrangement only

#### Claim it back

We are recognised by the major health insurers including BUPA, WPA, HSA and Norwich Union.

#### Subscribe to our e-newsletter

If you would like to be kept up to date with developments here at Richmond Physio, have a word with Alex at reception who will ensure you receive our seasonal updates.

### Running seminar

On 23 January at 6.30pm we will be holding a running seminar and Q&A at our Hill Street practice. We have 5 great speakers and Dominic from Sporting Feet will have some shiny new examples of great running shoes to show you. There will also be a chance for someone to win a brand new pair of their favourite running shoes! Find out more about our speakers, their areas of expertise and the content of their talks on our blog, or ask at reception.



#### Power Up! Why do runners need Pilates?

Find out why Jess advocates Pilates for runners, incorporating strength and conditioning into your program to diminish the risk of injury and to let you run faster and smoother.

JESS REED



STEPHEN PERCHARD

#### Assessing the injury risk

Joe highlights how assessment findings inform injury prevention in your training program as well as injury management when niggles show up.

JOE COAKLEY



#### "Real food is at the core of gut health, and gut health is at the core of wellbeing."

Sarah provides subtle adjustments to diet and lifestyle, building your self-belief and intuition around your body and what goes into it.

SARAH GRANT



#### Running Order: What should your programme include?

Ben coaches a range of athletes from sprint to Ironman. Single discipline athletes also track him down, particularly runners – leading them to numerous PB's including those much coveted sub 3 hour marathons.

BEN WEBECK, ABCPURE

#### Choosing the right running shoe for you

Dominic's mission is to help customers find the ideal shoe, whatever their chosen sport. He will talk about the latest developments in running shoe design, and you can win a brand new pair of shoes for yourself.



DOMINIC STEAD, SPORTING FEET LTD



motivation, check-in with what's driving you.

This is your chance to step back from that rigorous training programme, get out of the lycra and allow yourself to survey everything else that is happening around you. Explore the social and creative experiences that you might otherwise struggle to find time for. Treat this as recovery time in every sense. Without the pressure and expectation of looming competition, you can relax, kick back and breathe.

### Network Support

Not for your wi-fi, for you! The professionals around you can bring perspective and a clearer view while friends and family will be your emotional support when the struggle back to full tilt gets to you. You're human and everybody hurts, some times. No harm in getting some help.

### Hang Tough

Once you've reviewed and understood where you are and how you got there, you can confidently engage with your vision. 'Dreaming Big' is definitely not to be discouraged, it's a matter of re-setting and building back up to where you want to be. Naturally there will be ups and down as you get back into training, its not going to be easy. Planning and short term goals are essential. Break it down into stages and aim to come back stronger than ever.

### Turn it Around

In triathlon the great advantage of three disciplines is that it tends to be cycling or running that cause injury (while often swimming gets the least attention in training). Turn the negative into a positive by devoting your extra time to the pool, improving your technique and maintaining your condition.

### Small wins bring success

Think of your recovery path as a series of stepping stones. Step carefully, invest in the early stages. You will need patience and perseverance. Be prepared for minor setbacks and when they occur – pause, be curious and allow your body, your whole self to find it's way.

Discover your mantra, (it might be Cat's, because she's right.)

**The bigger the sacrifice, the greater the comeback!**



## Meet Jess, our latest recruit

Sport has always been an important part of Jess's life and as a young adult she went all the way to national level in league hockey. Nowadays her work schedule fits better with running and racing, either cross country or middle distance events. A passion for sports took Jess to Loughborough University where she studied Sport & Exercise Science, graduating in 2011. Thereafter she saw the light and took a Masters in Physiotherapy at Brunel University, graduating in 2016.

Physiotherapy practice for Jess naturally leans towards orthopaedics, musculoskeletal conditions, sports rehabilitation and injury prevention. She is interested in seeing patients of all activity levels because the principles are the same: it's always about the quality of the assessment and achieving optimal results with efficiency.

Jess proved her worth at Rosslyn Park Rugby Club under our co-founder Pippa's guidance and this physiotherapy role continues, combining neatly with her involvement at Belgrave Harriers Athletic Club. For a change of scene she loves to pedal out of the city on her bike or travel further afield and ski, but like any keen physiotherapist, she will always be observing and analysing: movement, balance, co-ordination; strength, flexibility, stability.

If you have any queries about running, strength and condition or sports injuries, call 020 8332 1132.

## What is Raku?

Raku is a form of therapeutic head massage highly renowned in Japan. Raku means comfort and ease in Japanese.

### What does it do?

It's famous in Japan for reducing the symptoms of stress and inducing a deep sense of relaxation. People who suffer from tension headaches, tired eyes and difficulty sleeping find Raku highly effective.

### How does it work?

It's said to work by calming the sympathetic nervous system which improves circulation, relieves stiff muscles and alleviates stress. There are numerous muscles on the head face and neck and the massage is directed at them, these muscles can often be tense and fatigued from computer use or following lengthy phases of concentration and stress.

### Who is it for?

Its particularly good for people who feel weary but do not sleep well, for those who work long hours in front of a computer and for those who feel tension type headache pain

### Will it mess up my hair?

No! There are no oils, liquids or lotions involved in this form Japanese head massage.

### Does it hurt?

Not at all, the massage therapist aligns her hands on the scalp with a very gentle but even pressure and works on the muscles to reduce tension using very light finger and palm pressure.

### What happens when you squint at the screen?

You incline your head towards the screen courtesy of the thick recrus muscles at the base of your skull and

