A HEALTHY PACE

Lifestyle Magazine > Issue 4

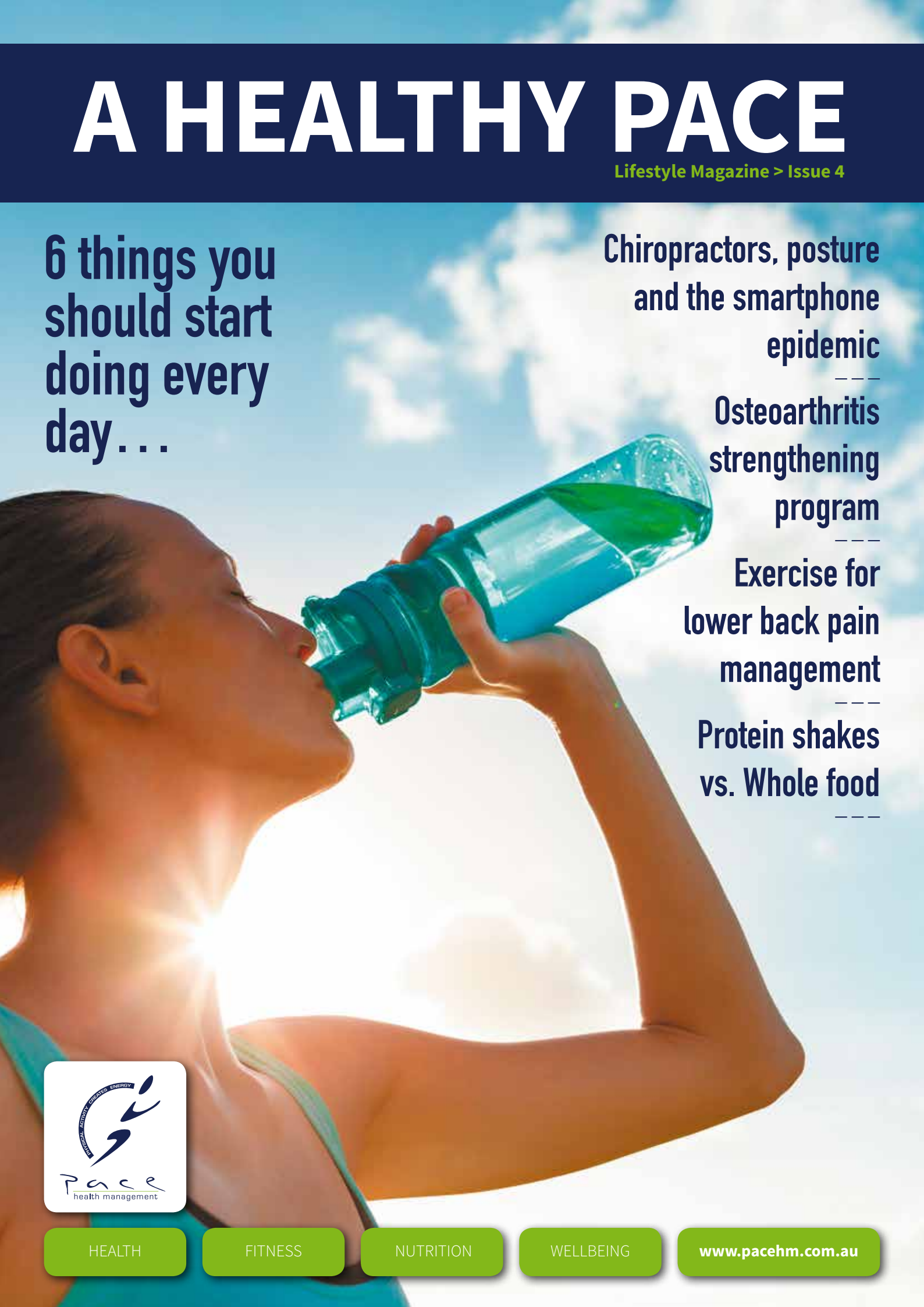
6 things you should start doing every day...

Chiropractors, posture and the smartphone epidemic

Osteoarthritis strengthening program

Exercise for lower back pain management

Protein shakes vs. Whole food



Pace health management

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Ryan Poole
MD OF PACE

Welcome to another edition of A Healthy Pace – your local lifestyle, exercise and injury prevention magazine. It was a huge 2016 for the team at PACE and we are all looking forward to helping our wonderful network of clients, business and referrers set themselves up for more success in 2017.

Would you agree that it's often the simple changes to our lifestyles that can bring about the biggest effect. One of my favourite pieces within this issue is the "6 things you should start doing" – have you thought about unplugging from technology now and again? Perhaps use these tips with the goal setting sheet that is made available on page 10.

We share some great statistics around the positive effects of exercise when preparing for surgery for those affected by osteoarthritis:

Pre-habilitation patients are stronger (sit to stand), have less pain, can walk further in 6 minutes and are more capable on stairs compared to those without exercise intervention (TPP et. al, 2010).

Our OA strengthening program is the perfect partner to help with your preparation and recovery!

Mindfulness has been a buzz word for some time now – but what does it actually mean? We outline the benefits and provide you with some helpful links to get started – either in the workplace or at home.

If you like keeping up to date with the latest advancements in health related research and best approaches for sustainable activity then head online and connect with us through facebook and instagram!

Since 1998 PACE have been helping people make better choices toward a creating a healthier lifestyle. We're here to help!

We hope you enjoy this issue, we welcome your feedback and we look forward to seeing you in one of our clinics soon.l

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Content

3 QUIT THE SIT
Rise and recharge

5 RUNLAB
New and exciting running assessment and correctional program

6 OSTEOARTHRITIS STRENGTHENING PROGRAM
Educate and empower

8 6 THINGS YOU SHOULD START DOING EVERY DAY

10 SUMMER GOALS
What are your goals this summer?

11 REACTIVE OR PROACTIVE?
The preventative intervention mindset

13 EXERCISE FOR LOWER BACK PAIN MANAGEMENT
Benefits of corrective exercise

14 MINDFULNESS
The benefits to mental health

15 SUP YOGA
Takes core strength and balance to a new level

16 CHIROPRACTORS, POSTURE AND THE SMARTPHONE EPIDEMIC
We are designed to stand upright

17 MANAGING KIDS' SCREENTIME

18 PROTEIN SHAKES VS. WHOLE FOOD
Arguments for and against

19 CEREBRAL PALSY
Meet Natalie and Brooke

21 PERIODISATION
Optimise performance, minimise the injury

23 SRI LANKAN ADVENTURE
A small gesture

24 PROGRAMS / LOCATIONS

Contributors:

Mark Simpson
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QUIT THE SIT

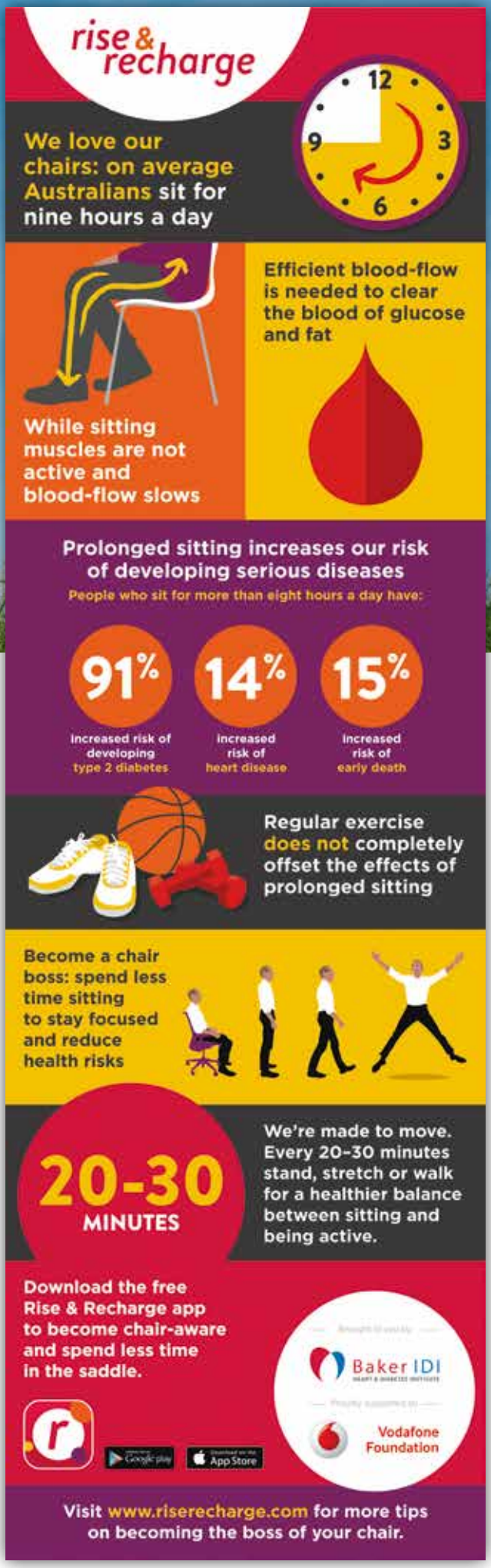
We all know that sitting too long is no good for us, but how do you encourage your team to move more? We've heard it all: "I'm too busy", "I need to get this done", "I need to be seen at my desk" and so on.

Not only is sitting too long damaging our spinal health through disc compression and the creation of muscle imbalances (psoas anyone?) - but the lack of blood flow resulting from prolonged sitting is also slowing down our metabolism (and our brains). This leads to all sorts of health problems.

The Rise & Recharge app from Baker-IDI is a great tool to use amongst your working groups. Although if you don't feel like doing the 'mosey' - you may want to help prevent musculoskeletal disorders and pain - so have a look at our Micro-Breaks initiative.

Stop the development of chronic diseases like type 2 diabetes or heart disease and stroke. Reduce the risk of musculoskeletal injury and stiffness. Keep your brains alert and enhance productivity. Encourage yourself and your team to reduce sedentary behaviour!

"The session this morning was really good, the messages you gave support what we tell employees. Relating injuries and exercises to the Workstation Checklist brings home the message of why we want everyone to reduce their sedentary behaviours." OH&S Manager.




It's not
ABOUT NO PAIN NO GAIN,
IT'S ABOUT MOVING
ENJOY IT
EXERCISE RIGHT
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RUNLAB

Pace Exercise Physiology in Sandringham in conjunction with Physio@Sandringham is excited to announce that we are now offering a new and exciting running assessment and correctional program.

Physio@Sandringham

Dedicated to runners who want to improve their running biomechanics, performance or reduce their risk of injury this unique program aims to provide runners with the most up to date information on their gait analysis and physiological fitness profiles.

WHAT IS INVOLVED?

The program encompasses 2 consultations. One with an accredited exercise physiologist and another with a specialist sports physiotherapist. During your first appointment with the exercise physiologist you will be taken through a running assessment plus overall musculoskeletal assessment to appropriately analyse any key areas of concern. In your follow up appointment with the sports physiotherapist, a more thorough and specific musculoskeletal assessment will take place (geared by the outcomes of the initial consultation), manual therapy provided if indicated and home exercise program creation will occur to assist in corrected any areas of concern.

WHERE TO AFTER THE PROGRAM?

We have a range of options available for each individual as certain circumstances suit different participants.

Our overall aim to increase knowledge and provide a comprehensive and individualised program to get you running faster, more efficiently and with more enjoyment!

"To give anything less than your best is to sacrifice the gift."

Steve Prefontaine

OSTEOARTHRITIS STRENGTHENING PROGRAM

The PACE Osteoarthritis Strengthening and Education Program aims to educate and empower patients living with osteoarthritis. Through the development of a suitable and specific strengthening program, we aim to teach patients how to use exercise to decrease their pain and disability whilst increasing function, quality of life and ability to achieve activities of daily living. Our end goal is to create a self-managed exercise program that the patients can continue independently to improve their outcomes. This program is suitable for both conservative management and those undergoing joint replacement.

PROGRAM GOALS:

1. Increased lower limb strength and mobility for increased function and reduction of pain.
2. Provide education on osteoarthritis and its management, which includes surgical intervention and outlining rehabilitation guidelines post-surgery where necessary.
3. Improved function and self-management of hip/knee following the program, including home or gym based exercise program.

SUPPORTING RESEARCH FAST FACTS:

1. Exercise intervention prior to surgery (total hip & joint replacement) reduced surgical complication from 32% to 12%, and additionally reducing the length of hospital stay by 4 days post-surgery (Crowe & Henderson, 2003).
2. Pre-habilitation patients are stronger (sit to stand), have less pain, can walk further in 6 minutes and are more capable on stairs compared to those without exercise intervention (TPP et. al, 2010).
3. Physical function is shown to increase by 30% and knee strength by 50% after surgery by undergoing exercise intervention (Brown et.al, 2010).
4. Physical activity has been shown to improve pain, physical function and joint stiffness for patients who do not need surgical intervention.

HOW DOES EXERCISE HELP OSTEOARTHRITIS?

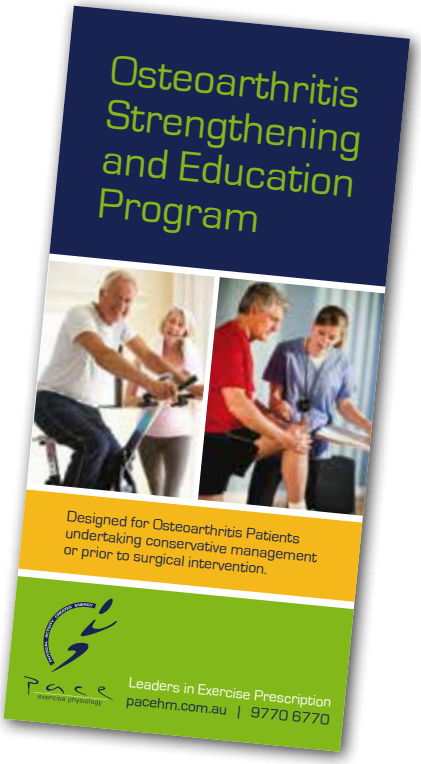
Clinical research shows that exercise is the most effective way to treat osteoarthritis. Exercise intervention is as effective, if not greater than medication. Additionally, exercise is safer and has fewer side effects.

An exercise program can help to:

- Reduce pain
- Increase muscular strength
- Improve joint range of motion
- Improve balance and stability
- Prevent de-conditioning
- Improve physical wellbeing
- Improve quality of life

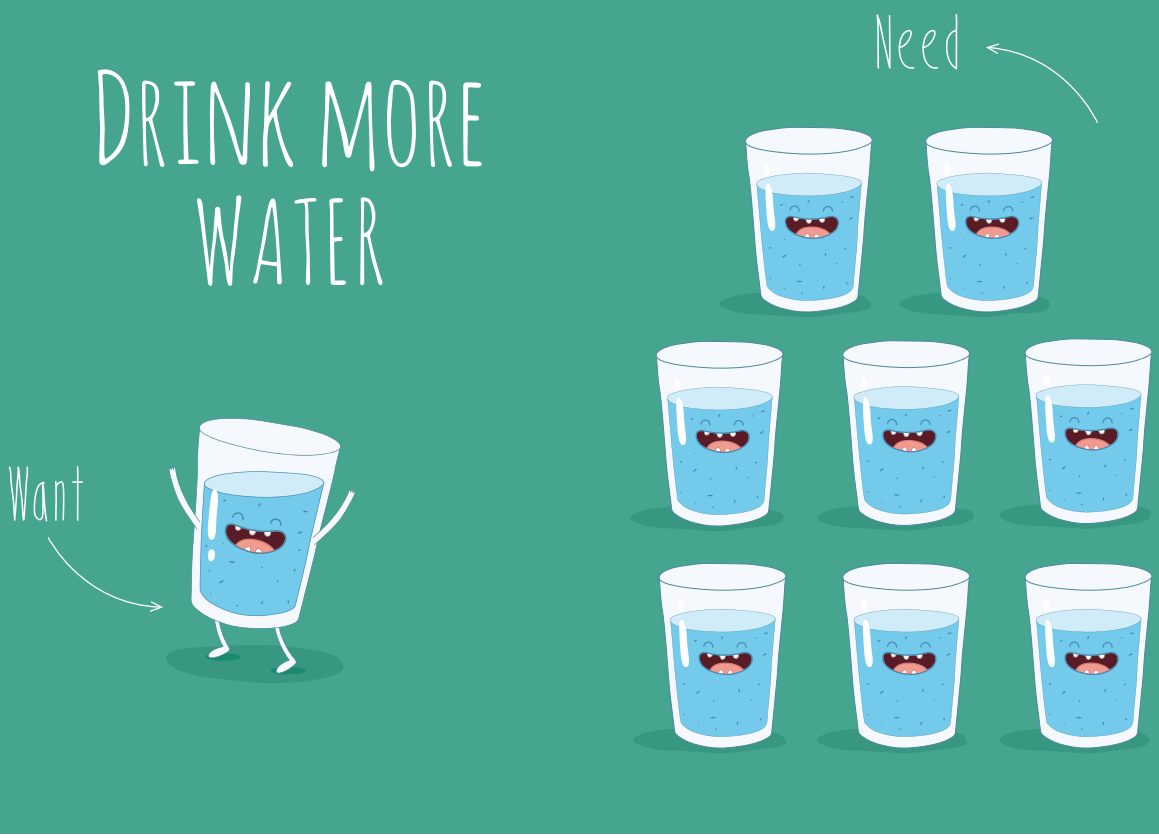
If eligible, an Enhanced Primary Care Plan can be put in place to help with Medicare rebates. Private Health Insurance rebates are available from supported providers.

Call your closest clinic today for more information on the Osteoarthritis Strengthening & Education Program or to book a consultation.



YOU'RE NEVER TOO OLD TO START FEELING YOUNG AGAIN.

6 THINGS YOU SHOULD START DOING EVERY DAY...



1. DRINK MORE WATER

a. Most people are chronically dehydrated. Dehydration can be responsible for; headaches, lethargy, poor sleep patterns, decreased physical performance and muscular aches.

b. Thirst is commonly misinterpreted for hunger, which can cause us to over eat and gain weight. Mistaking thirst for hunger changes how our hunger hormones Grellin & Leptin function, which makes it harder for us to feel full, which can lead to long-term weight gain.

c. Try increasing your water intake to notice a difference to how you feel each day.

2. UNPLUG FROM TECHNOLOGY

a. Did you know your smartphone, tablet and laptop are all illuminated by blue light. This blue light disrupts the release of a hormone in our body, called Melatonin, which is responsible for sleep patterns.

b. Poor sleep patterns as a result of changes to melatonin levels due to blue light before sleep can cause decreases in attention span, memory, concentration and mood.

c. Try unplugging from technology 2 hours before heading to bed, and notice the change in time taken to fall asleep, as well as the quality of your slumber.

d. Side note: Poor sleep patterns can lead to an increased release of Cortisol, which breaks down muscles and causes our body to store more fat.

3. IMPROVE YOUR SLEEP QUALITY

a. Quality of sleep is far more important that quantity. Most adults require 7-9 hours of sleep per night. If you experience less than this, or note poor sleep quality, try the below tips.

   i. Keep regular times for going to bed and getting up.

   ii. Keep distracting things out of the bedroom.

   iii. Get some sunlight during the day.

   iv. If you haven't fallen asleep within 20 minutes, get up and go to another room before you feel tired again.

   v. Visit www.sleephealthfoundation.org.au for more helpful tips.

4. HUG SOMEONE FOR 7 SECONDS

a. When you hug someone for 7 seconds (Yes, 7 seconds…), our body releases two amazing hormones; Oxytocin and Dopamine.

b. Oxytocin, also referred to as the love molecule, cuddle chemical or hug hormone, acts to slow our heart rate and lower the amount of Cortisol in our blood stream (responsible for raising stress levels, blood pressure, increasing risk of heart disease, breaking down muscle, and storing excess fat). Oxytocin is responsible for making us feel better after times of high stress.

c. Dopamine, the pleasure hormone, is also released when we hug someone.

d. So, if you want to live a healthier and happier life, you should be mentally making a list of who you are going to hug today…

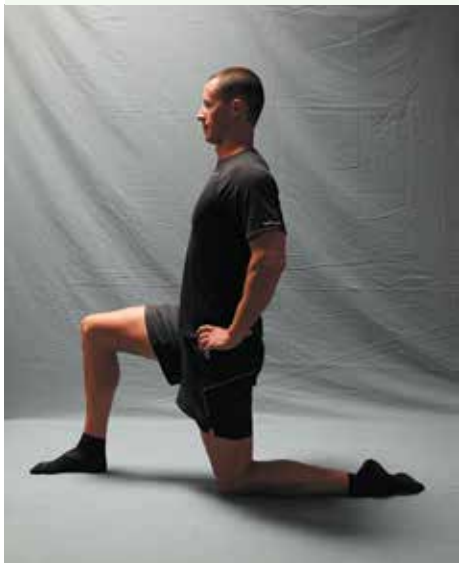
5. PRACTICE MINDFULNESS

a. Mindfulness- a mental state achieved by focusing ones awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations, used as a therapeutic technique.

b. In a world of over stimulation, its important to sometimes step back and take stock. With increasing rates of stress/ anxiety in Australia, Mindfulness is a simple tool to improve mental health, concentration, attention span, feeling of self worth and happiness.

c. Try downloading the App 'Smiling Mind' to give it a try today.

"This stretch can help a lot if you spend too much time sitting!"



6. PSOAS STRETCH

a. 90% of Australian's suffer lower back pain. The majority of these cases can be improved through a simple release of Psoas Major (aka Illiopsoas), a strong hip flexor that originates from the Lumbar Vertebrae. When it is tight and over active, it pulls on your lower back, causing shear forces to be placed through your spine.

b. Try incorporating this stretch into your daily activity, or around the office/ worksite for 90 seconds each side. Repeat as needed.

SUMMER GOALS

WHAT ARE YOUR GOALS THIS SUMMER? HAVE YOU WRITTEN THEM DOWN YET?

Why not take 3 minutes to fill in the below goal setting sheet, and then apply the top 3 actions needed to reach your goal. Once you have your goal set and steps in place, simply list a review date to increase accountability to completing the 3 actions to achieve your goal. Your assessment outcome will simply be how you measure your success. Ie. If waist girth reduction is your goal, then measure your waist girth (tape measure around navel) today and at your review date…

HELPFUL TIP; TRY AND WRITE GOALS WHICH HAVE MEANING TO YOU, WHY YOU WANT TO ACHIEVE YOUR GOAL IS FAR MORE IMPORTANT THAN HOW...

Need some help with setting goals and strategies? Simply ask one of our team members to help you through some goal setting and creation of an action plan next time you are in one of our clinics.

YOUR GOALS

Pace exercise physiology

GOAL 1: _____

ACTION 1: _____

ACTION 2: _____

ACTION 3: _____

GOAL 2: _____

ACTION 1: _____

ACTION 2: _____

ACTION 3: _____

GOAL 3: _____

ACTION 1: _____

ACTION 2: _____

ACTION 3: _____

DATE OF REVIEW: ___ /___ /___

ASSESSMENT OUTCOMES:

GOAL 1:

GOAL 2:

GOAL 3:

FOLLOW @PACEHM TO ENHANCE YOUR HEALTHY LIFESTYLE

Mornington
103 Main St (rear)
Ph 5973 6109

Mt Martha
Suite 5, 34-38 Lochiel Ave
Ph 5974 3147

PACE Exercise Physiology©
pacehm.com.au

REACTIVE OR PROACTIVE?

In some industries, strain and sprain musculoskeletal injuries account for up to 80% of all lost time incidents (Victorian Workcover Authority).

It just so happens a lot of our work is spent addressing age related wear and tear within physical workers. And to be honest - only so much 'manual handling' training can help combat this.

What the worker (and the OHS/HSE leaders) need is an athletic preparation mind-set. Teaching employees and team members how to condition bodies for physical tasks that have to be completed day in, day out.

The preventative intervention mindset has 2 distinct advantages:

1. IT CAN SAVE YOU MONEY!

Most strains and sprains can be avoided, or managed correctly to avoid a costly musculoskeletal disorder (MSD). MSDs can cost tens of thousands of dollars in direct and indirect costs. The implementation of a structured physical preparation program can help to reduce these costs through preventative intervention.

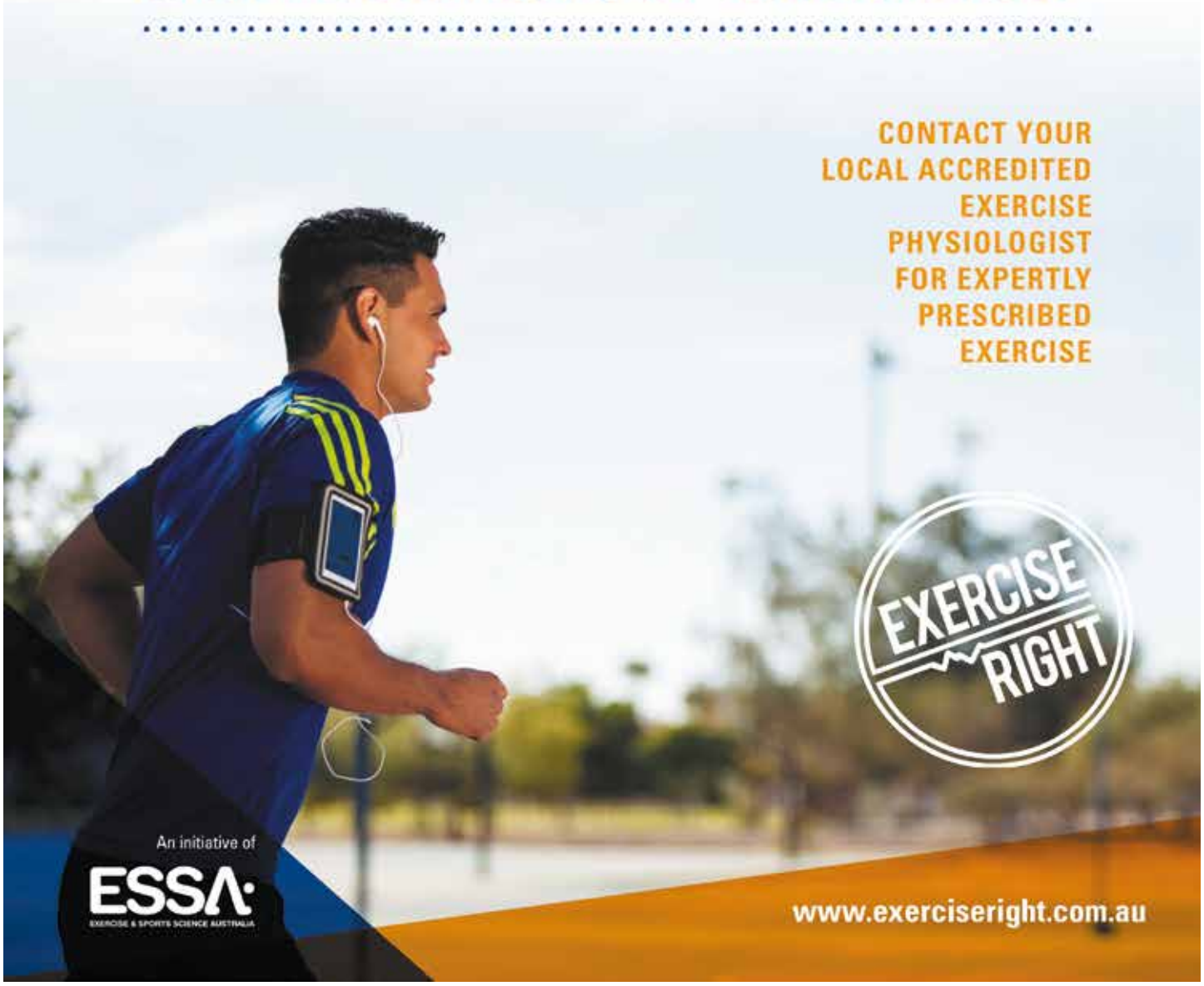
2. PREVENTATIVE INTERVENTION ENGAGES YOUR PEOPLE

By applying either one-to-one or group intervention, the facilitator will connect with your people on a personal level. We are able to modify behaviour patterns and encourage long-term change, which in turn leads to safer working practices.

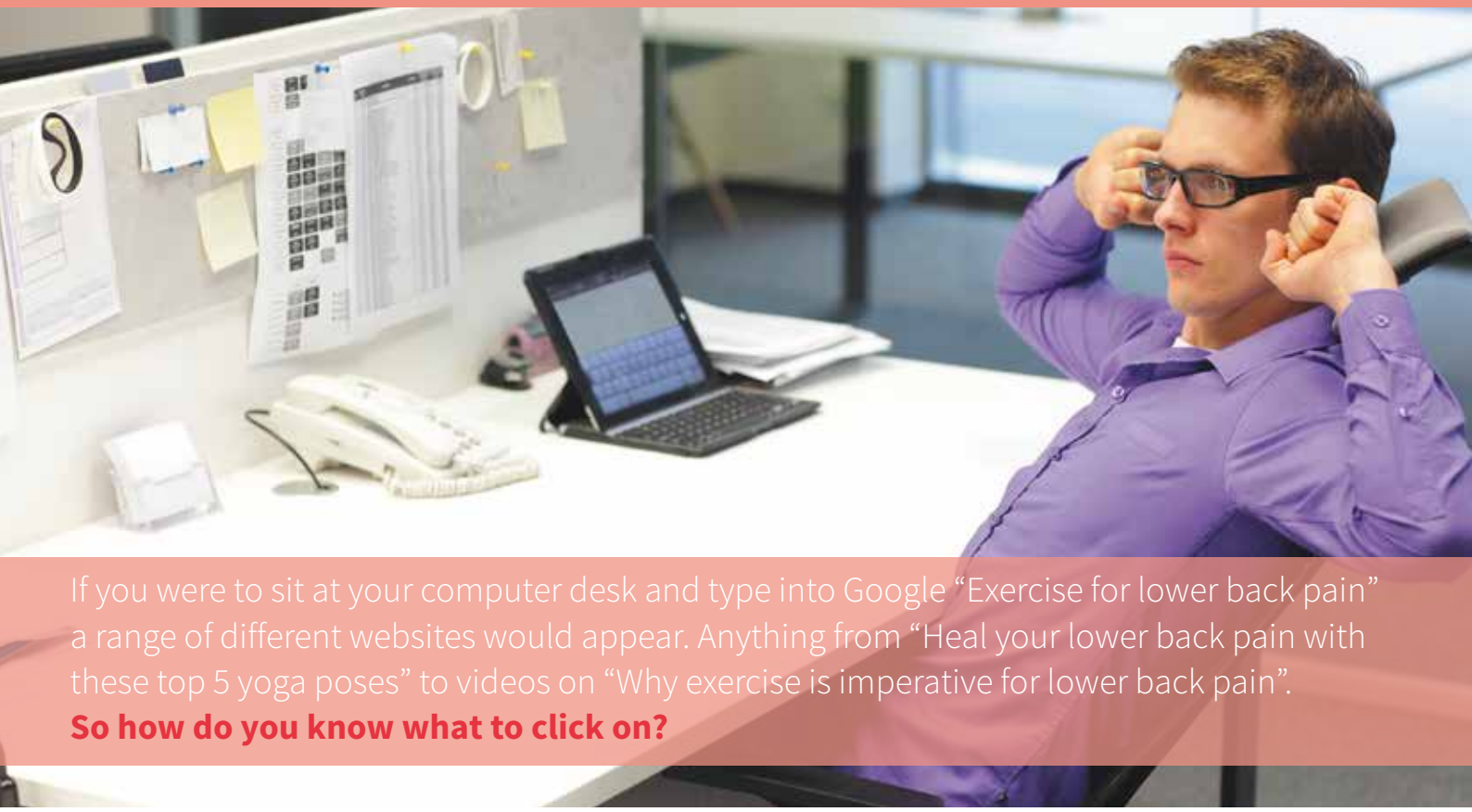
We know you may have compliance training to tick-off. Why not introduce a new approach to this type of training? BackFit and DeskFit are a great introduction to the preventative intervention mindset.

START TAKING THE RIGHT STEPS TO VALUE YOUR MIND.

EXERCISE CAN HELP COMBAT DEPRESSION AND THE EFFECTS OF MEDICATION



EXERCISE FOR LOWER BACK PAIN MANAGEMENT



If you were to sit at your computer desk and type into Google "Exercise for lower back pain" a range of different websites would appear. Anything from "Heal your lower back pain with these top 5 yoga poses" to videos on "Why exercise is imperative for lower back pain".

So how do you know what to click on?

Lower back pain affects up to 80% of Australians at any stage throughout life, with 1 in 10 individuals experiencing significant activity limitation [1]. With that said, individually designed exercise programs including stretching and strengthening techniques have been shown to improve pain levels for chronic lower back pain[2]. Ninety percent of these patients with low back pain in primary care will have stopped presenting with symptoms within three months. However most will still be experiencing low back pain and related disability one year after initial presentstion[3]. This highlights to us that rehabilitation and management for lower back pain isn't completed once patients are pain free.

What is more important is that all strengthening programs are individualised to the client and tailored towards their specific cause of lower back pain[4]. More so, a long term approach to implementing management techniques, coping strategies and promoting habitual change rather than a quick fix method has been more widely regarded in reducing low back pain. We know "motion is lotion" for spine health but a treatment plan for every stage of lower back rehabilitation reinforces that moving correctly and more efficiently breaks the long term pain cycle and improves functional capacity[5].

REFERENCE

1. Descarreaux, M., Normand, M., Laurencelle, L. and Dugas, C. (2002). Evaluation of a specific home exercise program for low back pain. *Journal of Manipulative and Physiological Therapeutics,* 25(8), pp.497-503.
2. Searle, A., Spink, M., Ho, A. and Chuter, V. (2015). Exercise interventions for the treatment of chronic low back pain: a systematic review and meta-analysis of randomised controlled trials. *Clinical Rehabilitation*, 29(12), pp.1155-1167.

BENEFITS OF CORRECTIVE EXERCISE IN INDIVIDUALS EXPERIENCING LOW BACK PAIN INVOLVE:

- Decrease in pain.
- Increase strength and spine stabilization.
- Reduced disability and increased functional capacity to perform activities of daily living.
- Improved manual handling and lifting technique.
- Increased sitting, standing and walking tolerances.
- Better education in coping strategies for managing flare up periods.

MINDFULNESS

Life can be stressful. Work deadlines and pressure, family commitments, social life, fitting exercise and activity in, being 24/7 connected - the list goes on.

Creating appropriate 'un-plugged' time for oneself can be a challenge - however it shouldn't be overlooked. And yes, colouring can be helpful!

The benefits to mental health through meditation and mindfulness are well researched. Depression, anxiety - feelings of helplessness due to a myriad of factors can affect not only one's self, but also the people you work and live with.

Resources for help, guidance and pathway management are abundant. Programs and apps from Smiling Mind and extensive support from organisations such as Beyond Blue can help enormously.

Our recently developed Mind:Body program designed for workplaces brings all of these elements together to offer an accessible and supportive environment for the introduction and development of mindfulness and meditation skills.

Whatever path you take (or how you manage your workplace programs) please be aware to include areas for personal development such as mindfulness.

beyondblue
Depression. Anxiety.

SMILING MIND

"Wow, thanks for providing this course. I use the mindfulness exercises every day and have noticed a greater sense of calm in all my interactions - both at home and at work. Thanks so much."

What will you do this week to encourage a greater sense of calm and focus ?

SUP YOGA

Did you know? Stand up paddle boarding has a long history, but was popularised by surf legend Laird Hamilton in the early 2000s when he used a longboard and paddle as a form of training.

If you've mastered your downward dog and are looking for a bigger challenge, there's a new fitness trend that takes core strength and balance to a new level. Its yoga, but on a stand up paddle board. On the water. The trick is to maintain your balance while holding the asanas (yoga poses), and not fall in.

Stand up paddle boarding (SUP), like surfing, originated in Hawaii and has recently gained widespread popularity as an aquatic sport. The outdoor Foundation's 2013 US recreation report found that SUP was the fastest growing outdoor activity, with 56 per cent of participants trying it for the first time that year.

As its appeal grew, enthusiasts began to dream up other ways to balance on a board, and before long SUP yoga was born. Classes are springing up all over the world, including here in Australia.

The boards are designed for stability but anyone who's keen to give SUP yoga a try should practise on dry land, or in a swimming pool, before taking to open water. Not only does SUP yoga help to hone your technique and challenge your fitness in new ways, it also gives core muscles a more rigorous workout than a standard yoga session. This is great for strength and balance, and helps maintain and healthy spine.

Source: Health Agenda July 2016

CHIROPRACTORS, POSTURE AND THE SMARTPHONE EPIDEMIC

WE ARE DESIGNED TO STAND UPRIGHT

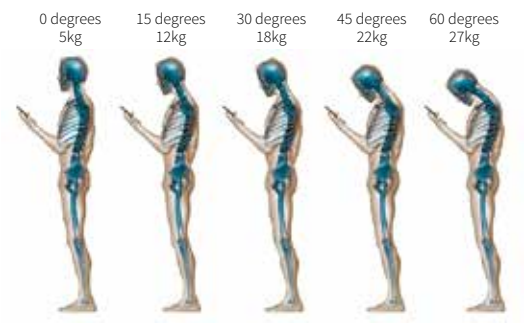
Yet in this day and age, a lot of us spend our days **slumped** over, for hours. **Why? Simple!** We're staring at the tiny screen of a **smartphone/laptop/tablet.**

Whether it's at work, school, on the train, bus, or at the shops, everyone from kids to the elderly can be spotted looking down at their smartphone from time to time.

NOW LET'S LOOK AT SOME NUMBERS

At O degrees, or having the head where it is meant to be, the average adult head weighs 4-6 kg.

Tilting your head 15 degrees to look at your phone screen can put an extra 6kg of extra pressure on your cervical spine, that's like putting a bowling ball on top of your head!



These numbers are insane!

15 degrees equals 12kg
30 degrees equals 18kg,
45 degrees equals 22kg,
60 degrees equals 27kgs.

Losing the natural **curve** of the neck leads to **increased stresses** to the neck. These **stresses** may lead to early **wear** and **tear, degeneration** and in extreme cases, possible surgery.

Chiropractic Care may help correct posture and decrease the stress placed on your neck and spine.

Using gentle low force approaches the team at Nelson Chiropractic are uniquely suited to assess your posture and the various conditions that can stem from poor posture.

So contact the team at Nelson Chiropractic for your initial consultation to help improve your spine, and your posture.

NELSON CHIROPRACTIC
2/33 DAVA DRIVE MORNINGTON | P 5975 7975

REFERENCES

1. Hansraj, KK. Assessment of Stresses in the cervical spine caused by posture and position of the head. Surg Techno Int 2014 Nov;25:277-9

MANAGING KIDS' SCREENTIME

Back in the days before tablets, computers and smartphones became ubiquitous, it was relatively easy for parents to manage the amount of time their children spent looking at screens- they just turned off the TV and sent them outside to play.

Nowadays it's hard for kids to avoid screens as they use them for entertainment, education and socialising. While there are many benefits to having the world at your fingertips, it's also important that parents monitor how much time kids are spending on their devices , along with how they're interacting with them.

A recent survey by the American Optometric Association found that 41 per cent of parents said their kids spent three or more hours per day on digital devices. In addition to the potential eye strain, excessive screen time can also cause headaches and blurred or double vision, as well as neck and postural issues.

2+ hours

Time 56% of Aussie kids are spending on digital devices per day

Source: ABC

The Australian Department of Health recommends no TV, DVDs, computer or electronic games for children under 2, less than one hour per day for those between two and five, and no more than two hours a day for children aged five to 17. These guidelines are based on 15-year-old recommendations and some experts feel as though they need to be revisited, given the exponential increase in screen usage and availability during that time.

Source: Health Agenda, October 2016

PROTEIN SHAKES VS. WHOLE FOOD

Protein shakes and supplements are a staple in a large number of gym goer's diets. They claim to help build muscle or "bulk up," aid recovery, speed up metabolism, and help weight loss.

There is some truth to these claims – but are shakes and supplements the answer, or could we get the same effect (or better?!) from eating whole foods. I'll outline the argument for and against using protein shakes/supplements but the simple answer is that there is no "one size fits all" approach.

CASE FOR WHOLE FOODS

1. Shakes are not necessarily BETTER than whole foods – as long as you are eating enough protein in your diet (trust me, you are!) there is no evidence to suggest that protein shakes are better than protein-rich foods for muscle growth and repair.
2. Chewing food makes you feel full – if you are watching your intake, eating protein from food may be better for your energy budget.
3. Whole foods are cheaper – recovery shake = $3.66 for 1 serve vs. Milk = $1.80 for 1 Litre (at least 3 serves!).
4. Whole foods offer a whole range of essential nutrients to help you meet other nutrition goals such as recovery, hydration and immune function – protein is not the only nutrient that helps in muscle gain and recovery.
5. There are a huge variety of protein-rich options – eggs, milk, lean meat, chicken, fish, yoghurt, just to name a few.
6. Protein supplements often contain long list of ingredients that we've never heard of and are of little benefit or potentially harmful.

CASE FOR PROTEIN SHAKES

1. Protein shakes are convenient – easy to pack in your gym bag.
2. Protein shakes are easy to get down – if you are not feeling very hungry after your workout, shakes may be an easy option to kick start your recovery.

You can decide what works for you!

Warning: Protein supplements may contain harmful substances – you never know exactly what's in your shake. If you are competing at a high level, make sure you know where your supplements have come from and if they have been tested for banned substances.

CEREBRAL PALSY

Cerebral palsy is an umbrella term that refers to a group of disorders affecting a person's ability to move. It is due to damage to the developing brain either during pregnancy or shortly after birth.

Cerebral palsy affects people in different ways and can affect body movement, muscle control, muscle coordination, muscle tone, reflex, posture and balance. Although cerebral palsy is a permanent life-long condition, some of these signs of cerebral palsy can improve or worsen over time.

BENEFITS OF EXERCISE:

Research indicates that children with cerebral palsy have a greater energy demand of locomotion, reduced muscle strength and endurance, reduced maximal aerobic power and early onset of muscle fatigue. Additionally, research investigating the effects of strength and resistance training in cerebral palsy, shows that it can increase both muscle strength and endurance, producing no unfavourable effects upon spasticity or movement patterns as was previously thought. In fact individuals with cerebral palsy have reported an overall reduction in spasticity following long-term participation in an exercise program. This benefit of decreasing muscle tone allows for an increase in function, as well as a decreased reliance upon antispasmodic medications.

DID YOU KNOW?

"1 in 500 Australia babies are diagnosed with cerebral palsy – there is no known cure."

PACE CLIENT TESTIMONIAL:

What do you do in your exercise physiology sessions and how does it help?

Natalie follows a program that changes depending on her body function, a fun program for Natalie with specific exercises to improve her function in day-to-day activities. Brooke works closely on all the areas of her body that her condition affects.

In what ways do you feel your exercise physiologist has helped you?

Brooke has built a trusting relationship with Natalie and Brooke puts her all into every session – both at PACE and volunteering at Natalie's school so she is able to participate to her full ability in her physical education sessions. Brooke has also helped me as a parent to get the best out of Natalie.

DID YOU KNOW EXERCISE CAN

- **Reduce** the amount of **fatal heart attacks** by up to **50%**
- Help you **recover from cancer** treatment **quicker**
- **Improve** the **breathing** of those with **lung disease** by **70%**
- **Reduce** the **risk** of type **2 diabetes** by almost **60%**
- Help **combat depression** and the effects of medication
- **Improve recovery rate** after surgery
- **Reduce** the **pain** and **increase movement** of those with **osteoarthritis**
- Help **manage** your **chronic pain**

PERIODISATION

A BRIEF OVERVIEW

Periodisation can be defined as the appropriate manipulation of training stress to optimise improvements in physical performance and minimise the likelihood of injury. Structured manipulation of total training stress both over the long term and within short term training cycles is essential for successful preparation, especially in the lead up to competitions or games. Periodisation is often broken down into smaller easier to manage segments, typically referred to as phases of training. Phases are broken into macro-, meso-, and microcycles, which typically progress from high volumes of non-specific training to high intensity sports specific training. A microcycle is typically one week of planned activity in an annual training program, a mesocycle can be a number of weeks/months and a macrocycle can be a year or a number of years. For example, a typical Australian Rules Football Season can be broken down into the macrocycle which typically last the year, broken into mesocycles including the pre-season, in-season, finals preparation and post-season training blocks, and finally microcycles which is the week to week preparation.

GENERAL PREPARATION VS. SPECIFIC PREPARATION

During an athlete's preparation phase of training their program can be broken into two sub phases, these include a General Preparation Phase (GP) and a Sports Specific Preparation Phase (SSP). The objective of GP is to improve the athlete's work capacity and maximise adaptations in preparation for future workloads. While SSP serves as a transition into the competitive phase, whereby physical capacity is developed specific to the physiological profile of the athletes chosen sport. During the GP phase the athlete lays the foundations for success through the development of both aerobic and anaerobic capacity. A key focus of the GP phase is increasing neuromuscular functioning through microcycles of resistance training which typically follow a cyclic pattern of muscular endurance and hypertrophy, followed by strength and finally power training. If the training stimuli are sequenced appropriately, each phase of training will enhance or potentiate the next training phase.

An inverse relationship between volume and intensity is seen as a program advances through the GP phase towards the SSP phase where the emphasis on training technique becomes greater as a competition nears. SSP training focuses on imitating specific skills or a specific aspect of a person's chosen sport with the intention of that training being highly transferable to competition. The SSP phase of training may focus on a few (or just one) specific adaptations needed for an athlete to be successful. For example, a basketballer might focus specifically on vertical jump height, to increase their movement efficiency and improve their ability to rebound, block or intercept the ball during competition.

- Initial Assessment
- Corrective Exercise Program
- Periodised Strength & Conditioning Program
- Regular Re-assessments
- Peak for Competition
- Unloading Phase
- Rest & Rehabilitate
- Rebuild into Next Year of Competition

SAMPLE PERIODISATION MODEL

Complex training model for power development:

- Anatomical Adaptation (Training to Train) 2 weeks
- Strength Hypertrophy Phase (6-8 weeks)
- Transitional Offloading (1 week)
- Power Development (6-8 weeks)
- Transitional Offloading (1 week)
- Complex Training (6-8 weeks) (Mix of Strength & Speed exercises for maximal power development)

BENEFITS OF PERIODISATION

- Promotes optimal performance via the strategic implementation of periods of high volume low intensity training, low volume high intensity training, sport specific training and tapering to ensure athletes peak during their competition phase;
- Reduces the effects of diminishing returns, through variation in training volume, type, intensity and frequency;
- Periodisation incorporates periods of reduced training stimulus often referred to as a 'taper'. Planned reduction in volume load will help to facilitate recovery, reduce accumulated fatigue and promote physiological adaptation;
- Program variability keeps training interesting and stimulating both physiologically and cognitively.

USE FAMILY AND FRIENDS AS A CHEER SQUAD

Ask friends and family to encourage you to eat healthily and to be physically active. Let them know that you are aiming to avoid weight gain so they can stop you going off track if you go out for dinner or think about staying on the couch when you should be going for a walk.

MONITOR YOUR WEIGHT

Keep a check on your weight and waist measurement.

"Weigh and measure once a week on the same day and at the same time," Professor Lombard says.

"If you're gained a few hundred grams, make a decision to get back to where you were by the same time next week."

WALK WITH FRIENDS

In a study involving 250 women with an average age of 40 in Victoria, walking regularly in a group halted kilo creep.

'Find a group of friends you're happy to walk with and go for a walk instead of catching up over coffee,' Professor Lombard says. Plus you're more likely to stay motivated if you know friends are expecting you to walk with them.

BE AWARE OF HIDDEN ENERGY BOMBS

Think about the snacks and treats that contain hidden kilojoules, including soft drinks, a glass of wine and sugary breakfast cereals. 'Restrict foods that come into your house. If you bring in those energy bombs it's harder to resist them; Professor Lombard advises.

Source: The House of Wellness June 2016

SRI LANKAN ADVENTURE

8 yr old Xavier Poole styling near Arugam Bay, Sri Lanka

School kids showing off their new sporting equipment

Recently our founder Ryan and his family visited Sri Lanka for a well-deserved holiday.

Aware of the disadvantages some remote villages contend with the family wanted to do a little something to help. With the support of A-Mart Sports in Mornington we were able to provide a small village on the southern east coast with some new sporting goods for their school.

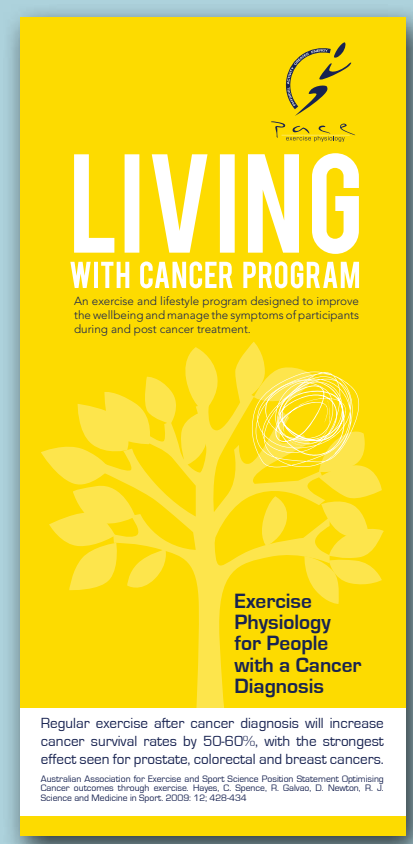
This area was devastated by the boxing day tsunami of 2004.

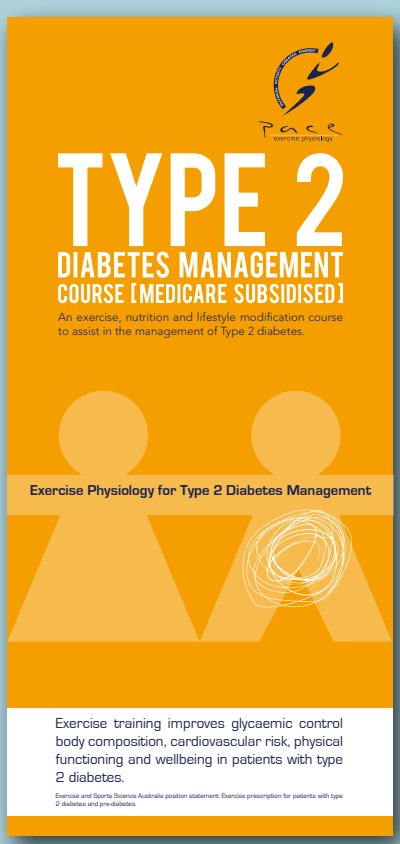
The village was totally destroyed with many people killed (amongst the more than 30,000 confirmed dead), and entire families totally displaced or torn apart.

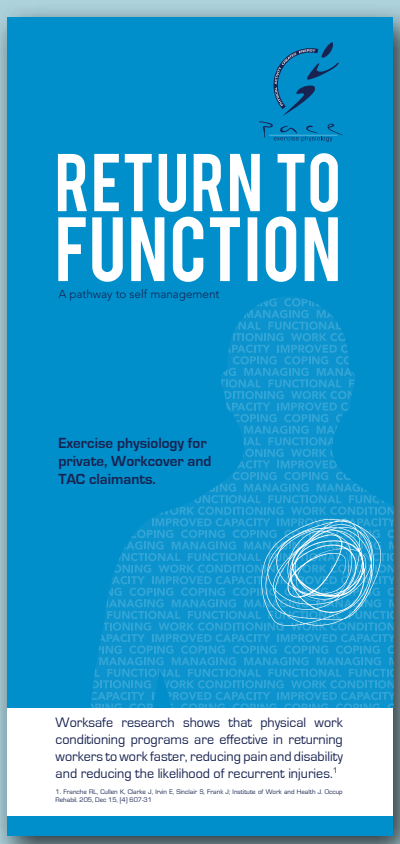
Our friend who we met whilst in the area told us that he and his remaining family of 8 lived in a dirt floor tent for 2 years, and then a make shift hut for another 2 years prior to being able to return to the village.

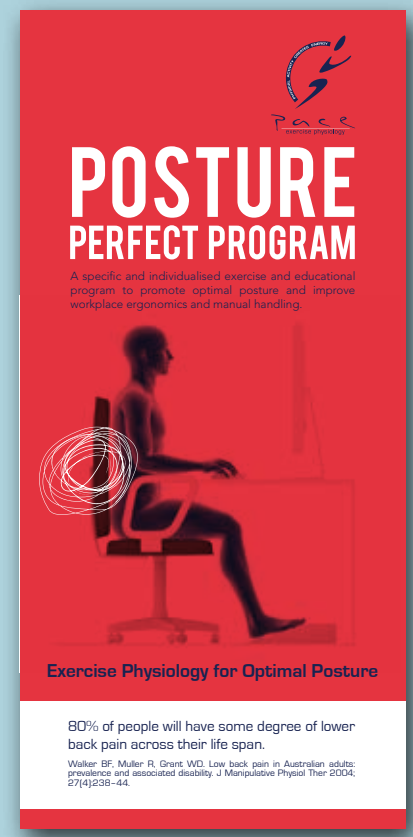
There are many ways to help others and this is just a small gesture. We often wonder what they think of the Aussie rules footballs!

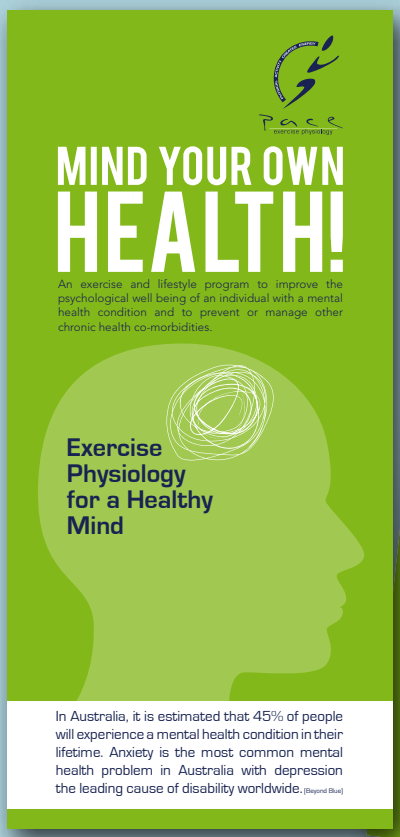
AMART SPORTS

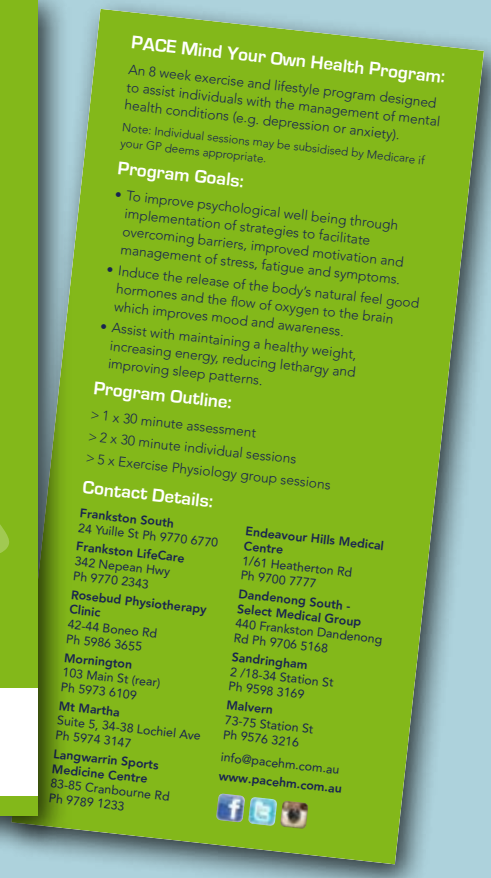












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