

Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

GUNN IMS - Intra-Muscular Stimulation

Pilates Based Core Stability Training

ICBC Treatment of Injury Post MVA

Active Rehabilitation Programs

WCB Treatment for Work Related Injury

Worksite Evaluation, Ergonomic Assessment & Wellness Program Development

Functional Capacity Assessment and Medical Legal Reporting

Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

Injury Prevention Education

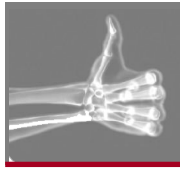
Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

Respiratory Care

Arthritis Treatment and Management

Neurology



Burrard Physiotherapy

You're In The Right Hands

Physiotherapists

Lynn Chapman

Kerry Maxwell

Barbara Picton

Lynda Lawrence

Bryn Edwards

Antony Causton

Shahab Rezaia

Allison Downie

Linda Warren

FOR APPOINTMENTS CONTACT

Tel: 604 684 1640

WALK-IN'S WELCOME

#1020 - 1200 Burrard Street

Vancouver, BC. V6Z 2C7

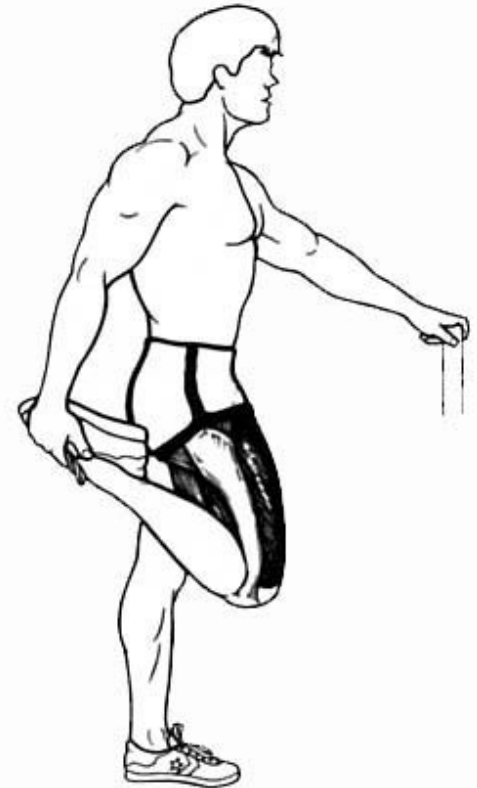
Phone: 604 684 1640

Fax: 604 684 1642

Email: bphysioa@shaw.ca

www.burrardphysiotherapy.com

Stretching For Sports



Stretching for sports

Now here is a place where the “no pain, no gain” attitude will get you in trouble. When it comes to stretching the thing to remember is just ‘no pain’. The goal of routine stretching exercises is to improve flexibility. Flexibility, along with aerobic conditioning and strength training is an objective to focus on as you maintain your body for the demands of any sport. Proper stretching actually lengthens the muscle tissue, making it less stiff and therefore less prone to trauma and tears. A stretching routine also feels good and can be a relaxing period of your day.

You are not doing yourself any favours when you stretch past the point of pain.

Pain is a warning that tissue damage may be occurring so you should never hold a painful stretch. Back off just to where it's not painful, and that's what you want to hold for the duration of the stretch.

Here are some basis rules. Don't overstretch them and you will get the most out of your stretching program!!

Everybody's different - We aren't all naturally flexible so don't base your stretching expectations on what you see others achieving. Focus on maintaining adequate flexibility for your sports and activity level.

Be sport-specific - Different sports emphasize different muscle groups. Concentrate on the range of motions and the muscle groups that you're likely to use in your sport.

Hold your stretch - It takes time to lengthen tissue safely. *Hold your stretches at least 30 seconds and up to a minute with tight or problem areas.*

Stretch 'heated' muscles - Stretching a cold muscle can strain and irritate the tissue. Warm up first. Walk before you jog, jog before you run, etc. It's as important to stretch after you exercise, when the muscle is heated by blood flow and is more accommodating.

Do not bounce! - Bouncing can cause micro-trauma in the muscle, which must heal itself with scar tissue. The scar tissue tightens the muscle, making you less flexible and more prone to injury. Avoid this vicious circle.

Think equal opportunity for your limbs - Strive for balance in flexibility on each side of your body. For example, if one hamstring is tighter than the other, you may be more prone to injury.

Don't be afraid to ask - If you're not sure that your stretching technique is all that it can be, ask your physiotherapist for a flexibility review. It will improve your stretching technique and will help you pick up on potential problems *before* they become injuries.

Try these stretches for running.

Hamstrings - These muscles are on the back of the thigh, running from the sitting bone to below the knee. They bend the knee and extend the hip. Lean forwards to feel stretch along the back of the thigh. Try to keep the low back straight. If you have back problems, ask your physio for an alternative stretch.



Calves and Achilles - A double origin muscle on the back of the lower leg, which allows us to toe-stand. It has to be stretched two ways. Stretch first with a straight knee (gets the upper part or *gastrocnemius*) and then soften to a bent knee (gets the lower part or *soleus*) and the Achilles tendon.



Quadriceps - On the front of the thigh, these 4 muscles are knee extensors. The rectus femoris is the longest; coming from the pelvis. The other 3 arise from the thigh-bone (femur). They all attach via the quads tendon (below the kneecap) to the top of the shin (tibia). Try *not* to arch the back when doing this stretch. If that proves difficult then side lying is a good alternative.



Piriformis - This buttock muscle runs from the tailbone, across the buttock to the out-side of the hip. It turns the hip out and assists with pelvic stability. Doing this stretch lying on the back helps prevent any back strain.



At Burrard Physiotherapy, we will set you up with an individually tailored stretching program to suit your body type and sporting needs.

REMEMBER, SLOW TENSION AND NO BOUNCING OR PAIN!!