

Serving the local community since 2001

Back in Shape



Physiotherapy & Pilates



Helen's Pilates

Term dates: 2016 Term 3

Start: Monday 11 July

End: Friday 16 September

All ages and abilities

**Alphington Bowls Club
Parkview Rd, Alphington**

Mon: 12-1pm

Wed: 5.30-6.30pm & 6.30-7.30pm

Fri: 9.15-10.15am & 10.30-11.30am

Cost:

Mon: (10-week term): \$200

Wed & Fri: (10-week term): \$200

OR \$25/class casual

Over 50s

**Fairfield Community Room
Station St, Fairfield**

Mon: 9.30-10.15am

Cost:

Mon: (10-wk term): \$100

OR \$10/class casual

Limited mobility

**Fairfield Community Room
Station St, Fairfield**

Mon: 10.30-11.15am

Cost:

Mon: (10-wk term): \$100

OR \$10/class casual

PUBLIC HOLIDAY ALERT:
There are no public holidays this term,
so all classes will run as normal.

Physio & Pilates Appointments

**Helen Constantinou
47 Bennett St, Alphington
T: 0421 526433**

Painful Feet? You might have Plantar Fasciitis

Do you suffer from pain in the soles of your feet or under your heels? Is it painful to run, walk or dance? Is it worse first thing in the morning, such that you find yourself hobbling out of bed to the bathroom? If so, you might have Plantar Fasciitis, a condition caused by a tightening of the Plantar Fascia—the flat band of tissue that connects your heel bone to your toes and which supports the arch of your foot.

Plantar Fasciitis is most often caused by overloading the Plantar Fascia through activities like running or dancing. Certain people are more predisposed to suffering the condition, especially those with any of the following conditions: flat feet or very pronounced arches; tight calves or Hamstrings; weak hip flexors or abductors; weak foot Intrinsic muscles; being overweight; and those who habitually wear poor footwear.

The good news is that Plantar Fasciitis is treatable and preventable, so there is no need to grit your teeth and put up with the pain.

General advice includes wearing supportive shoes with a slight heel—runners are often a good choice—during the day, or slip-on shoes during night and upon waking. You should not walk barefoot first thing in morning, as this tends to over-stretch the Plantar Fascia and can cause micro tears which will make the condition worse.

Icing is a great way to provide self help. For those with chronic pain, icing is advisable once a day. However, if your foot pain becomes aggravated, you are best advised to ice the Plantar Fascia as soon as possible. The easiest three ways to do this is either to roll the affected foot on a frozen bottle of water for 10 minutes, or apply a static ice pack for 10 minutes, or massage the areas with an ice block for two minutes.

A weekly professional massage or 'Dry Needling' session from your physio will help reduce the pain enormously, and this can be supported by self-massage of the sole of your foot—for five to ten minutes at a time—using your thumb, knuckles, a tennis ball or a spikey ball. It is also worth asking your physio to show you how to perform 'Trigger Point Release' or 'Myofascial Release (MFR)' techniques on your calf muscles.

Anti-inflammatory medication may be





required; I'd recommend Nurofen three times a day, or the use of Voltaren Emulgel.

As they say, prevention is better than cure. For those with a history of Plantar Fasciitis—or indeed those who fall into any of the 'at-risk' groups listed above—stretching and strengthening various foot and leg muscles will help ease existing conditions and further assist in preventing new ailments reoccurring.



The following muscles can be stretched using 3 x 30 second holds for each: Plantar Fascia; Gastroc; Soleus; Tibialis Posterior (Long Toe Flexors); and Hamstrings. Furthermore, the following muscles can be strengthened through the use of controlled contractions: the Lumbricals; the Hip Flexors; the Glutes; the Gastroc, using straight-knee single-leg heel raises; and the Soleus, using bent-knee single-leg heel raises.

Ask your physio to show you how to perform these exercises correctly and to advise on the frequency and number of repetitions. With a bit of instruction and diligence, you'll have your dancing/running/walking shoes back on before you know it, and a newfound spring in your step!

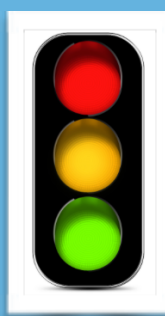
Traffic Light Exercises

You probably know the form by now. This section is designed to give you a simple exercise to do while sitting in your car waiting for the lights to change. While other drivers are getting angry and impatient, you can relax in a state of Zen-like calm, as you perform the latest Traffic Light Exercise...

Shoulder shrugs

The muscles between our ears and shoulders are the Upper Trapezius and Levator Scapulae muscles. These muscles harbour a lot of our stress and, when tight, can compress the little joints in our neck causing neck pain or headaches. So this exercise is a great one to do on your way home from work!

- Keeping your chin tucked in, shrug your shoulders to your ears
- If your shoulders or neck feel tight, imagine you are squeezing out all the stress and tightness
- Hold for three to five seconds
- Now lower your shoulders away from your ears until you feel a comfortable stretch
- Try to get your elbows as far away from your ears as possible
- Again, hold this position for three to five seconds
- Repeat the shrug up and stretch down three to five times, or until the traffic lights turn green
- Allow yourself a smug smile as you've used an otherwise-wasted couple of minutes to help improve your wellbeing



Pilates Cover

Substitute instructors to cover Helen's absence

Just a quick reminder that I will be away from 4 June to 15 July, so I will miss the last three weeks of Term 2 and the first week of Term 3. However, the classes will proceed in my absence with the following Pilates instructors covering my classes:

All ages and abilities

Alphington Bowls Club

Mon: 12-1pm: Corinne from Back in Motion (9499 6336)

Wed: 5.30-6.30pm & 6.30-7.30pm &
Fri: 9.15-10.15am & 10.30-11.30am:
Lauren (0402 983360)

Over 50s

Fairfield Community Room

Mon: 9.30-10.15am: Danielle (0403 750659)

Limited mobility

Fairfield Community Room

Mon: Temporary change of timing to 11.15am-12pm (with coffee afterwards) during my three-week absence: Mary Jo (0409 850828) will take a seated yoga class

Regarding payment for Term 3, participants of the Alphington Bowls Club classes can pay by EFT or pay me on my return. Please do not pay the stand-in instructors. For the Fairfield Community Centre classes (Over 50s and Limited Mobility), attendees can pay Maureen (0423 904699) in the class as usual. Many thanks.

Back in Shape Website

Please all be advised that I have now set up my own website in which you can access past issues of Back in Shape, current articles and other useful information. Please check out:

www.backinshapemelbourne.com

Also, I have a new email address, as follows:

helen@backinshapemelbourne.com

