



RANGITOTO

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## Tips For Beating Post Workout Soreness

Nothing can ruin your enthusiasm for a new workout program faster than the pain and stiffness that sneaks up on you the day after. This delayed reaction from your muscles, known as DOMS or delayed onset muscle soreness, has affected almost all of us at one time or another. While there is no sure-fire cure or prevention for DOMS, here are a few tips to help reduce your symptoms next time you hit the gym

### 1. Understand what it is.

DOMS is thought to be a result of micro tears in the muscle tissues during eccentric exercises in particular. While DOMS is not a sign of a serious injury and usually goes away on its own within 48 hours, it can be very uncomfortable and be a deterrent to continue exercising. For athletes who are competing in a tournament and need to recover quickly, DOMS can be particularly problematic.

### 2. Warm-up and cool-down.

By taking the time to let your muscles warm-up, your muscles can operate at maximum flexibility and reducing the tension on muscle tissues during exercise. A cool-down allows effective blood flow to muscles after exercise, so that any waste products such as lactic acid and calcium can flow back into the bloodstream rather than staying in the muscle tissues.

### 3. Get a massage or use a foam roller

By massage tight and sensitive muscles, you can improve blood flow and promote tissue healing and reduce pain. Both massage and foam rolling can help to relax tight muscles and enhance tissue recovery in the first 24-48 hours.

### 4. Stay hydrated.

Keeping hydrated allows your body to remove waste, stay flexible, and help tissues heal optimally. The trick is to maintain hydration throughout your day, not just when it's time to exercise. It's also essential not to wait until you are thirsty, as you could also already be dehydrated at this point.

Other advice includes gentle exercise, such as 20 minutes on a stationary bike, and mild stretching. If you are particularly brave, ice baths have recently been shown to have mild benefits in pain reduction and ingesting caffeine before exercise has been shown to reduce DOMS, however it is important to consult your GP first to ensure this is a safe option for you.



PHYSIOFACT.  
HUMAN BONES ARE STRONGER THAN CONCRETE!

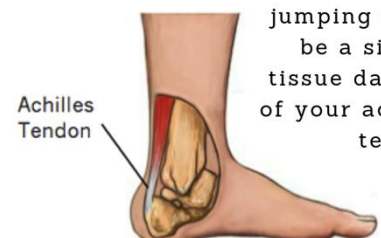
## Brain Teasers

What word links each of these sets of three words?

1. drop – crocodile - duct
2. weather – hair - play
3. lie - goods - knight

### Achilles Tendinopathy

Pain at the base of your heel felt with walking, running or jumping could be a sign of tissue damage of your achilles tendon.



# Shoulder Dislocations

The shoulder is a fascinating joint with incredible flexibility. It is connected to the body via a complex system of muscles and ligaments. Most of the other joints in the body are very stable, thanks to the structure of the bones and ligaments surrounding them. However, the shoulder has so much movement and flexibility that stability is reduced to allow for this. Unfortunately, this increased flexibility means that the shoulder is more vulnerable to joint dislocations.

## What is a dislocation and how does it happen?

As the name suggests, a dislocated shoulder is where the head of the upper arm moves out of its normal anatomical position to sit outside of the shoulder socket joint. Some people have more flexible Joints than others and will, unfortunately, have joints that move out of position

without much force. Other people might never dislocate their shoulders unless they experience a traumatic injury that forces it out of place. The shoulder can dislocate in many different directions, the most common being anterior or forwards. This usually occurs when the arm is raised and forced backward in a 'stop sign' position.

## What to do if this happens

The first time a shoulder dislocates is usually the most serious. If the shoulder doesn't just go back in by itself (spontaneous relocation), then someone will need to help to put it back in. This needs to be done by a professional as they must be able to assess what type of dislocation has occurred, and often an X-ray needs to be taken before the relocation happens.

A small fracture can actually occur as the shoulder is being put into place, which is why it is so important to have a professional perform the procedure with X-Ray guidance if necessary.

## How can physiotherapy help?

Following a dislocation, your physiotherapist can advise on how to allow the best healing for the shoulder. It is essential to keep the shoulder protected for a period to allow any damaged structures to heal as well as they can.

After this, a muscle-strengthening and stabilization program can begin. This is aimed at helping the muscles around the shoulder to provide further stability and prevent future dislocations.

**The information in this newsletter is not a replacement for proper medical advice. Always see a medical professional for an assessment of your condition.**



Answers:

1. Tear

2. Fair

3. White



## Ingredients

½ Cup Coconut Milk  
2 Tbsp. Chia Seeds  
1 tsp. Maple Syrup  
½ tsp. Vanilla Extract  
¼ tsp. Cardamom  
¼ tsp. Cinnamon

## Berry Compote:

1 cup Fresh or Frozen Raspberry  
1 cup Fresh or Frozen Strawberries  
½ Cup Brown Sugar  
3 Tbsp. Water

# Coconut Chia Pudding with Berry Compote

1. Place frozen fruits and water into a small saucepan and place on medium heat. Bring to boil and stir with a large spoon, crushing berries as they soften. Add sugar and continue to cook over medium heat for 10-15 minutes. Remove from heat and allow to cool.
2. Add chia seeds, coconut milk, maple syrup, cinnamon and cardamom to a small bowl and gently stir together. Allow to sit for 10-15 minutes.
3. Once seeds have begun to expand, cover mixture and place in refrigerator for at least an hour. When ready to serve, stir seeds and place in cup for serving.
4. Add berry compote to chia seeds and serve for a delicious breakfast.

Garnish with fresh mint, granola and fresh fruits.



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