

TIMES

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Shaping up for fitness

Regular exercise is a great way to help reduce stress and increase vitality, confidence and self-awareness. Muscle tone, weight, flexibility and co-ordination can also be improved.

But before you start, there may be potential dangers ahead.

At Motive8, a UK personal fitness training company based in Hampton Hill, their professional coaches are frequently presented with a range of questions before clients embark on a personal fitness regime.

Peter from Teddington, fell over on his ankle four weeks ago.

The doctor told him it was

just a sprain, Peter said, but he explained: "My foot is still swollen and feels weak. I'm starting to lose muscle tone. I want to jog and play football. What should I do?"

M8 had the answer. "Basic flexion and extension exercises will help to regain full range of movement (ROM) and strengthen the stabilising ligaments.

"Turning the foot inwards and outwards against a theraband is also advised. Once those movements are pain-free, calf-strengthening and proprioception exercises can be included.

"A sports rehabilitation therapist/physiotherapist could provide a comprehensive

rehabilitation programme.

"To decrease the swelling use ice-packs for 20 minutes, at least four times a day and speak to the GP about anti-inflammatory advice."

Stephen, from Twickenham plays squash twice a week.

"Recently I have developed pain in my upper back between my shoulder blades. I want to begin personal training. Will this just go away?" he asked.

M8 had the answer. "It is unlikely this pain will simply disappear. A full postural and functional movement assessment can identify the structure(s) or mechanics that are causing the pain. Once the cause has been identified a rehabilitation programme can be started with advice given on a personal training programme, ensuring no contraindicated exercises are included in the programme."

Contact Motive8 for further information on support for rehabilitation and personal training.



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