



CK Clinic News

July 2017

LATEST NEWS FROM CK Clinic - Physiotherapy, Massage, Acupuncture, Gait analysis

EXPERT ASSESSMENT & TREATMENT

Biomechanics -

by Chris Kempson BSc (hons.) MCSP HCPC MAACP

What happened in July?

This month, Chris took on the Welsh three peaks challenge. The challenge time is 24 hours with a distance of 17 miles and a total ascent of 1500m!

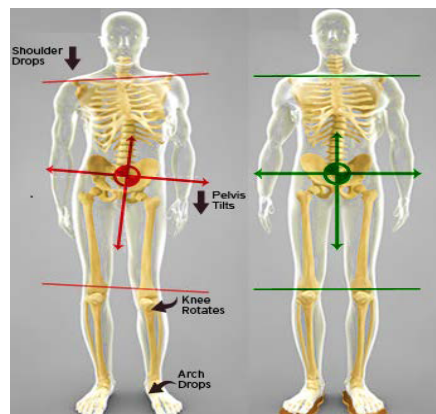
Click the link in the email or our health blog to see the video on YouTube!



Snowdon is a beautiful mountain and should really be enjoyed when hiking up to the summit, however on this ascent there was no time for sight seeing! Completing Snowdon in 4 hours and 50 minutes, in the dark! Then after an hours drive, Cadir Idris was next.

Seeing as all the guides said to allow 4-5 hours, we were surprised to be back in the car park having been up and down in 3 hours. Now we needed to get back on the road again to Pen Y Fan - the last one! After two mountain summits and 3 1/2 hours of driving I was looking for a Physio for myself! But another 2 hours later the challenge was complete in a total time (Inc driving) of 13 hours. Now time to stretch!!!

Poor mechanics/Good mechanics



Treatments available

- Expert assessment and analysis
- Joint manipulation & mobilisation
- Deep tissue / sports massage
- Acupuncture
- Indian head massage
- Gait analysis
- Manual Lymphatic Drainage

Why not call us to have a chat about your condition or injury? We offer free advice!

FOR MORE INFORMATION

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Biomechanics or, how our lower limbs are aligned is an important consideration when looking at lower limb and lower back pain. Fallen arches are a common problem we see in clinic and can be caused for a number of reasons. Over pronation or being flat footed, leads to an internal rotation of the lower limb. This places excess stress on multiple structures throughout the leg, pelvis and lower back. The buttock muscles play a major role in maintaining the correct alignment of the legs. Look at the diagram to the left. The body position on the left is one we see in clinic regularly, where the arches are dropped, the leg becomes rotated internally and the pelvis drops on one side. It is this position which predisposes the individual to risk of injury. Follow the instructions below to try and achieve correct alignment

Exercise of the month Glute squeeze

Try to practice squeezing your buttocks and feel how your legs move and turn out as shown in the picture. Do this for at least 5 minutes a day, then start to practice throughout the day whilst stood in queues etc. This will help to re align the feet and legs and will help to reduce pain from poor biomechanics.

Physio Fact Corner!

Poor foot position will lead to a potential combination of foot pain, Achilles problems, Plantar Fasciitis, medial knee pain, lateral hip pain, pelvic dysfunction and lower back pain.