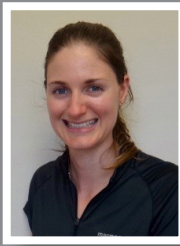
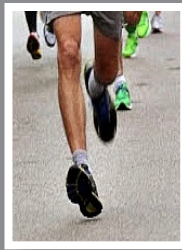


Welcome  
to our new  
physio  
Natalie



STYLES OF  
RUNNING  
TO REDUCE  
CONTACT TIME  
page 2

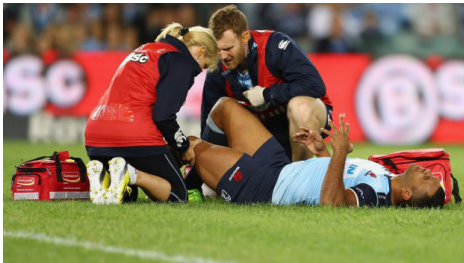


REAL TIME  
ULTRASOUND  
INVESTIGATION  
page 2



# OrthomedPhysio

QUARTERLY NEWSLETTER / Issue #06 June 2016 / P: +65 6221 2869 / E: info@orthomedphysio.com

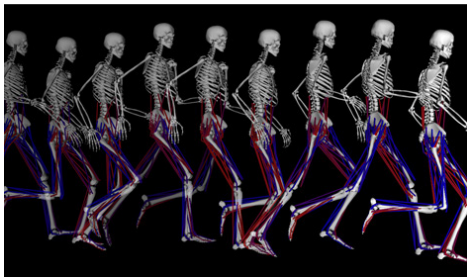


This newsletter will focus on running technique and ways to help increase efficiency and reduce injury.

We would also like to wish David Garrick all the best with his move to the Warratahs Super Rugby team as their head physiotherapist.

Ian Gard is also away with the Australian mens water polo team in preparation for the Rio Summer Olympic Games. He will be back with us in early September.

Finally we would like to introduce Natalie Chinn who recently joined our clinic from Sydney.



## Contact times in running

The time that the foot stays on the ground is termed "contact time". The recommended contact time to reduce force through the body and possible injury and increase efficiency is less than 250ms. A Garmin watch or something similar can calculate contact time while you run. It is a useful device that can help you objectively measure contact times while you run.

<http://www.ncbi.nlm.nih.gov/pubmed/20581720>

## Strengthening exercises that help reduce contact time



Simple one legged calf raises that emphasize taking the heel maximally off the ground and performed to failure with no weight. This is progressed to weighted calf raises and then the next variable added is velocity or speed.

<http://www.humankinetics.com/excerpts/excerpts/optimum-speed-gives-athletes-an-advantage>



## Running drills that help reduce contact time

The most basic way to reduce contact time and add power to your stride is to regularly include some very fast running in your training. Once a week, after completing an easy run, do a set of short sprints—say, 6 x 60m at full speed.



## What style of running promotes short contact times in runners?

The simplest way to improve your running biomechanics to reduce contact time is to switch from a heel strike to a midfoot strike. Midfoot strike means that the middle-front part of the foot will hit the ground first rather than your heel. To do this you land your foot closer to the body (a foot that lands in front of the body's center of gravity acts as a brake and thus increases ground contact time) so your contact time should be reduced.

<http://home.trainingpeaks.com/blog/article/ground-contact-time-and-running-performance>



## Real Time Ultrasound, Xray and MRI Investigation

At OrthomedPhysio, we can refer you directly for MRI and X-ray investigation with a doctors referral for insurance purposes. We also have the latest real time ultrasound equipment on site that can provide imaging for Achilles, Plantar Fascia, Patella Tendon, and shoulder tendons' pathology. Researches founded that real time ultrasound is comparable to MRI in diagnosis of some musculoskeletal problems.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3458614/>



## Welcome to our new Physiotherapist Natalie Chinn

Qualifications:

Bachelor of Applied Science (Physiotherapy) - University of Sydney

Experience:

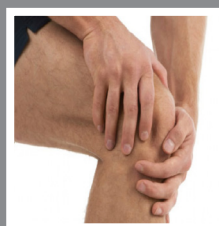
Natalie is an Australian Physiotherapist with 6 years experience working in Australia and New Zealand in the area of musculoskeletal medicine.

She is interested in ankle and lower leg injuries as well as lower back and pelvic conditions. Outside of work Natalie is an Ultimate Frisbee player and has been competing for 10 years

OPENING HOURS:  
Monday to Friday  
6.30am to 7.30pm



NEXT ISSUE  
ACL INJURIES



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