



Advance Physio Clinic

2 Trevino Way
Cranbourne North
Victoria 3977

Ph: 03 5995 7060



Clinic Services:

- Neck and low back pain, neck, thoracic and lumbar disc bulges
- Sciatica
- Headaches/Migraines
- Clinical Pilates
- Rehabilitation after surgery, stroke and vehicle accidents
- Work injuries
- Sporting injuries

Clinic Hours:

Monday to Friday: 9am-7pm
Saturday: 9am - 12pm

Calf strains

The calf muscle consists of the large muscle at the back of the lower leg called the gastrocnemius and the soleus, which is smaller and located below the gastrocnemius. Calf strain is a very common ailment in athletes, especially runners and is caused by the injury of the calf muscles from overuse or poor stretching.

S y m p t o m s i n c l u d e :

- < Pain when the muscle is contracted against resistance.
- < Sudden pain at the back of the leg, midway between the knee and the heel.
- < Difficulty in standing on tiptoe.
- < Swelling or bruising in the calf muscle.

Some relief from the above symptoms can be found by utilising the RICE method (rest, apply ice and compression and elevate the affected area). In addition to this however, physiotherapy treatment is required in order to restore function to the area and to prevent the reoccurrence of the injury.

T r e a t m e n t w i l l t y p i c a l l y i n c l u d e :

- Deep trigger point therapy
- Dry needling
- Electrotherapy
- Strengthening and stretching exercises
- Gait re-education
- Footwear analysis

After initial treatment and when the acute symptoms subside, walking and further strengthening exercises are performed in order to strengthen muscles against further injuries. Eventually, after the muscles have returned to full strength, running exercises will be recommended to build condition and pave the way for a return to active sports.

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Stress Handling tips

Tip #6- Take your Breath away

Breathing from your diaphragm oxygenates your blood, which helps you relax . To breathe deeply, inhale slowly through your nose and watch your hand move out as your belly expands. Hold the breath for a few seconds, then exhale slowly. Repeat.

Did you know?

The muscle that lets your eye blink is the fastest muscle in your body. It allows you to blink 5 times a second.



Healthy Recipe idea

Ingredients

350 g lean minced beef,
1 carrot, large, grated
2 medium zucchini, grated
3 slices wholemeal bread,
made into crumbs
2 tablespoons parsley,
chopped
1 teaspoon mixed dried
herbs
1 egg, beaten
1 tablespoon olive oil
1 onion, large, sliced
6 hamburger buns
2 tablespoons grainy
mustard
2 tomatoes, sliced
6 small lettuce leaves
6 slices canned beetroot

Beef burger

1. Combine beef, carrot, zucchini, breadcrumbs, parsley, herbs and egg.
2. Form into 6 patties. Grill or barbecue, using moderate heat, for about 5 to 6 minutes on each side.
3. While burgers are cooking, heat oil and cook onion, stirring several times.
4. Split and toast buns. Spread top half of each with mustard.
5. Assemble burgers by placing a lettuce leaf on one half of each hamburger bun, adding a burger patty, onions, sliced tomatoes and beetroot.
6. Top with remaining half of bun.

“ And as we let our own light shine, we u
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