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## Dear Valued Client

Winter is here, and while many of you are thinking about skiing, we're thinking even further ahead!

This newsletter is dedicated to our runners. We've been honoured to be named as the official Blackmores Physiotherapists for the Sydney Running Festival in September, and even though it's cold and dark, we know that many of you are starting to prepare for the event. At SSOP, we're lucky to have a team of physios that are keen runners and skilled biomechanists, so whether you're aiming to manage or prevent an injury, or just improve your running performance, we've got the tools to help you reach your goals.

So good luck, train well, and let us know if we can assist you in any way.

Kindest Regards  
Brad McIntosh  
Doctor of Physiotherapy  
Director



### Top Physio Tip

#### Should I exercise with a cold?

Well, it is that time of the year to be asking the question! The quick answer is yes, but read on...

Two studies have found that exercise during the common cold had no effect on the severity of symptoms, or on performance.

The American College of Sports Medicine states that in general, if the symptoms are from the neck up and you haven't got a fever, moderate exercise is ok and perhaps even **beneficial**. If you have the flu (eg. symptoms of fever, fatigue, muscle/joint aches or swollen glands) then you should rest and not resume intensive training for about 2 weeks.

If you're not sure exactly what you're dealing with, have a chat to your physio or GP.

## Sydney Sports & Orthopaedic Physiotherapy named Official Blackmores Physiotherapists for the Sydney Running Festival 2011



#### SSOP NAMED OFFICIAL BLACKMORES SYDNEY RUNNING FESTIVAL PHYSIOTHERAPISTS

We're proud to say we've been asked to be the official Physiotherapists for the Sydney Running Festival this year. In the upcoming months, we'll be providing online advice to runners participating in the festival. If you haven't launched into one of the runs before, it's a fantastic event and now is a good time to sign up!



#### CALL NOW TO ARRANGE A RUNNING CHECK-UP

3 months out from the event is a great time to have a Running Check-up. This allows us to discuss any niggles or potential problems, assess your running mechanics using video analysis, and establish and/or progress your exercise program to make sure you have the best chance of reaching your goals. Call us today on 9252 5770 or go to [www.ssop.com.au](http://www.ssop.com.au) and Book Online.



#### **GOT A RUNNING INJURY QUESTION? WHY NOT 'ASK AN EXPERT'?**

You now have direct access to our highly trained physiotherapists via email. If you have a question relating to your specific running injury, sporting event, training program or just a general physiotherapy or pilates question why not email us today. Select ASK AN EXPERT in the right hand column of the website, email us your question and a qualified physiotherapist will respond within 48 hours. Click here to give it a go [www.ssop.com.au](http://www.ssop.com.au)



#### **RUNNERS NEED TO MAKE TIME FOR A GOOD CORE**

Finding the time to train for an event is often tricky, and setting aside time for 'core' strengthening can be even harder. Make it easy by signing up for an **athletes pilates** class. Let the team here guide you on what needs to be done and how to do it, so you can improve your times and help to avoid injuries.

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