



**Ready, steady, go!**

**Welcome to PhysioBiz, with healthcare advice and information you can trust and rely on, brought to you by the South African Society of Physiotherapy!**

Sweet days of summer, the jasmine's in bloom... (Seals and Crofts)

Mornings are warming up, which makes it easier to contemplate leaving your cosy bed and get out on the road or head for the gym.

If you have had a break from regular physical exercise, if you haven't been out there for a month or more, don't dive back in with too much gusto – take it just a little bit more slowly. Subjecting creaky, unaccustomed muscles and joints to pressure can cause discomfort and even injuries.

“Ask your physiotherapist to give you the once-over before you rev up the exercise, especially if you have had any injuries previously,” says South African Society of Physiotherapy (SASP) President Rogier van Bever Donker. “Your physiotherapist’s advice can help you ease back into training without harm.”

Some great tips for the re-energised exerciser:

- Take time. Build up your mileage or intensity slowly
- Set yourself realistic goals
- Increase frequency or intensity by about 10% a week
- If you have had an injury, first condition your body with low-impact sports like swimming or walking
- Invest in some decent gear or equipment for your sport – good, supportive running shoes, helmets for cyclists and the like
- Remember that the weather is warming – and if recent summers are anything to go by, we are in for a few tough heatwaves. Stay out of the sun from midday to late afternoon. Remember Andrea Petkovic collapsing at the Tennis Open in Australia early this year?

- Pay particular attention to hydration. Don't overhydrate, but don't wait to be very thirsty before drinking.
- Pay special attention to good nutrition.
- Make sure you sleep as long as your body needs to.

To find a physiotherapist near you, go to [www.saphysio.co.za](http://www.saphysio.co.za)