



CAPITAL SPORTS MEDICINE  
YOUR PARTNERS IN PERFORMANCE

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[www.capitalsportsmed.co.nz](http://www.capitalsportsmed.co.nz)

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## WELCOME TO CAPITAL SPORTS MEDICINES NEWSLETTER

Welcome to the first edition of our newsletter. Capital Sports Medicine is a multi – disciplinary sports medicine clinic in the heart of Wellingtons CBD. We have a team of highly professional physiotherapists, podiatrist, massage and medical specialists that treat both work and physical injuries from diagnosis through to rehabilitation.

Sports is our passion and we believe that physical activity is the key to a happy and healthy life. We totally understand the frustration of being restricted due to injury. It is our number one priority to get you back on the track as soon as possible, and back to leading active lives and achieving your goals.

## “REAL TIME ULTRASOUND MACHINE”

Capital Sports Medicine has recently produced a Real time Ultrasound Machine. This is an exciting step forward in advancing our ability to rehabilitate injuries more effectively. Our clinic is the only one in Wellington that uses this type of machine.

Currently we are using it for biofeedback to see whether patients are activating their core correctly during strengthening programmes. It has been quite an eye opener to discover that often when (we, and the) patients think that they are doing things correctly, we look on the screen only to discover that they are completely over working their oblique abdominals and under using everything else! It has been great to help re-establish correct movement patterns and establish a good base on which to strengthen.

The other thing it is great for is to see whether the patient's pelvic floor muscles are working correctly and to see what their strength endurance is like in a non-invasive way.



This is useful post partum and for clients with bladder issues. While we are not claiming to have an expertise in Women's Health, a couple of sessions can give women the evidence and the confidence that they are strengthening their pelvic floor correctly. The most common faulty movement pattern we have observed is that when people think that they are engaging their pelvic floor, they are actually using their abdominals more, the net effect being a bearing down on the bladder. rather than a lift of the bladder.

## Preparing for Winter Sports:

With the colder weather placing extra stress and demands on your body, we need to take extra precaution before exercising. Most cold related injuries can be prevented with planning, preparation and proper clothing.

Our team of specialist can help you develop a good warming up regime and allow you to get the most out of your exercise.

Massage has been around for centuries and for good reason; it relieves muscle tension and pain, increases circulation, reduces stiffness and improves flexibility and mobility.

Our massage therapists at Capital Sports Medicine have magic hands when it comes to treating sports injuries as well as soothing general aches and pains. They are highly trained and get great results but also know when to refer you over to the physio or doctor when required. They work in close proximity and are able to communicate with the rest of team to get the best out of your session and are happy to discuss any concerns you may have with your current treatment.