

MDP On track

...helping you go the distance!

Menai District Physiotherapy & Sports Injury Centre
Newsletter November 04



Included in this issue:

"The New York Marathon Winner"

Todd Philpott wins The New York Marathon, in record time!

"How much do you drink?"

Read up about how much you should be drinking each !

"Beat the Heat... jump in the pool!"

As summer approaches why not jump in the pool and enjoy the benefits of swimming!

"MDP Gossip!"

The latest gossip from the physios at MDP! Look out for Tash and Cam's Power Bar Recipe. It's delicious!

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New York, New York... Congratulations Todd!

MDP's own Todd Philpott, has won the New York City Marathon in a record time of 1:17:12; 17 minutes faster than the next competitor! Todd is an above knee amputee, a member of the Australian para-Olympic team and a full-time hand-cyclist. The nine sessions of training, including gym and road cycling has paid off. Congratulations to all involved in "Team Philpott".



- ◆ Cameron who has worked to balance Todd's gruelling training schedule with his chronic shoulder injury;

- ◆ Rod Edmonds (husband of our receptionist, Belinda) who has assisted in securing sponsorship and establishing sport networks for future endeavours;
- ◆ Rob & Janine who provided minor sponsorship to assist with the development of Todd's portfolio.

Good on you guys!

Todd now plans to set up a new foundation to raise money and awareness for children requiring artificial limbs and wheelchairs.

Todd's generous personality and his undying determination will ensure that this new foundation will be a success and improve the quality of life of many.

"How much do you drink?"

- A good rule of thumb is to consume 2-3L of fluid a day (8-12 cups). Exercise increases this amount and some recommended athletes consume 3.8L/day.
- A glass of orange juice contains more kilojoules than a glass of beer.
- Alcohol, strong tea and coffee are diuretics— that means they actually draw water from the body and dehydrate you. Don't count them in your daily fluid intake.
- Diets high in salt and protein lead to increased urine output and hence require more fluid to maintain proper hydration.

Take a read of this interesting story about hydration,

written by Chris Charmicheal, coach of 6 time Tour de France champion Lance Armstrong: "We noticed that another employee rarely drank any water during the day. With the number of athletes and coaches in the office, not consuming water is more conspicuous than carrying a water bottle. We suggested the employee start drinking more, even setting a watch alarm to reinforce the habit of drinking regularly. In the first few days, the employee joked that he was spending more time walking to the bathroom than working; but once he had maintained this higher fluid intake for about a week, the frequency of bathroom visits decreased back to normal. He had been chronically dehydrated for so long, his body had

adapted as best it could. When he initially increased his fluid intake, it stimulated increased urine output because his body wasn't able to put the additional water to good use; it was just flowing through him. Interestingly, we all saw other associated benefits once he was properly hydrated.

We thought lethargy and grumpiness were just the employee's unfortunate personality traits, but both disappeared as soon as he started drinking more water. We put a sign up in his office: 'For Best Results, Water Frequently!'"

Taken from:
Bicycling Australia July/August 2004



Beat the Heat...jump in the pool!

Dive
into

Swimming is a great way to keep fit and stay healthy. Whether participating in swimming at an elite level or for leisure it has many benefits. It is a non-weight bearing, low impact activity, putting very little to no stress on your joints. Consequently it is great for neck and back mobility. It is also great for general body flexibility and strengthening. Swimming is an ideal way of patients exercising following an injury. It is great for asthmatic patients, as it helps increase breathing capacity. Swimming is a fun way to improve general fitness and great for working on your tan in summer!

Swimmers may find, from time to time, that they do present with niggling injuries. Particularly at a more elite level, these injuries can affect training and hinder performances. Sports Institutes throughout Australia are now using swim assessments as a way to

prevent and treat any underlying problem areas. Swim screening have shown to be a critical tool in detecting swimmers strengths and weaknesses.

You may be interested to know that the clinic is now offering Swim Screening Assessments to all swimmers keen to improve performance and reduce those niggling injuries. For more information about this new service please free to contact the clinic.

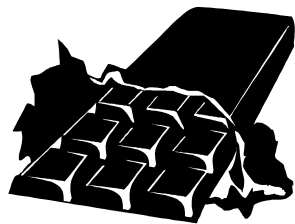


Physio Gossip...

While they may spend the majority of their time inside the doors of our clinic, when Tash and Cam have a chance, they love to cook up a storm! One of their favourite recipes is their very own Power Bar. It's a great snack when you're on the run or in need of an energy boost on those long days of competition on the cricket field or in between games at a gala day. Why not have a go at making a batch yourself?

Tash & Cam's Power Bar Recipe

1 cup plain flour
¼ cup cocoa
1 cup quick cook oats
½ cup oat bran
¾ cup caster sugar
½ cup Sustagen
1 egg
¼ cup olive oil
½ cup skim milk
¼ cup water
1 small tub (250g) either strawberry or blueberry lite yoghurt



Mix all ingredients together and press into a greased slab tin. Cook at 180° for 40-50 minutes. Enjoy!!!

Look out for Tash and Cam's Power Recipe Book which will be available from the clinic soon!

A big congratulations to Natasha who finished 13th in the Nationals road race in Mooloolaba in September. Tash also placed 9th in the Grafton to Inverell National Points Race (165kms) a week later. Tash has also started conducting gym ball classes in Menai. Called 'Core gymball', the classes are run in small groups and are designed to work on improving core stability and back strength... Never a dull moment in Natasha's day!



For those who haven't noticed Erica has altered her hair colour somewhat! There is never a boring (or quiet) moment with Erica in the clinic. Erica has started back Taekwondo training preparing for the World Championships selection in February. We wish her all the very best over the next few months as the training heats up.

At a recent fundraiser for kids with cancer, The Garven Institute & Todd Philpott, Cam purchased a Souths Clive Churchill print bigger than any of his walls. He is now looking for a house to fit the picture! 'Oh ya Cam!!'

A welcome back to Rob and Janine from their well deserved holiday in Port Douglas. A family snorkelling trip on the 'Reef' was a highlight.

Look out for our next edition of "MDP On track" as we aim to keep you up to date on the latest from our clinic!