

What is Chiropractic?

Chiropractic is the third largest primary healthcare profession in the world after medicine and dentistry.

Who regulates the profession?

In the UK, Chiropractic is a fast-growing, independent profession regulated by the General Chiropractic Council.

How does it work?

Chiropractic places its emphasis on the diagnosis and management of problems affecting the nerves, muscles and joints of the body.

What can Chiropractors do?

Chiropractic is a profession, not a treatment. Chiropractors provide a package of care after taking a detailed case history and performing a thorough examination, which considers all aspects of the presenting complaint. This package of care may include physical treatments drawn from all types of manual therapy as well as spinal manipulation, exercise, muscular therapies and a range of advice on activity, lifestyle and prevention. The most compelling evidence for chiropractic care relates to low back



pain, but chiropractors help people manage a range of other conditions. This does not necessarily mean that joint manipulation is used, but that the package of care given by the chiropractor provides relief.

How can I find out more?

For more information on Chiropractic and to find out how your Chiropractor can help you, please call the telephone number below.

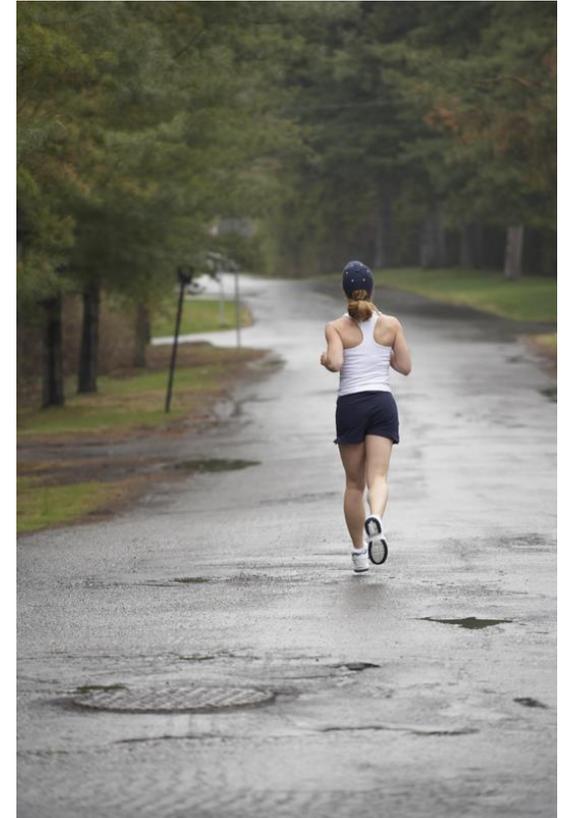
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Running – Getting Started

Running is exercise that can be enjoyed by anyone, at any age.

Whether running in the gym, outside, for pleasure or to train for something in particular, it is important to make sure you have taken precautions to avoid injury and get the most out of your running as possible.

This leaflet will give you some hints and tips on how to enjoy running to the maximum and get fit in the process!



*Please give this to
a friend or colleague
if you think
chiropractic may help.*

**Scotia Chiropractic Ltd
Clinics in
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Chiropractic – Safe & Effective

Focus on conditions

Walk before you run

Not many people can run a full mile the first time if they haven't run for a while so don't even try to. You will get discouraged and quit. Instead, mix running and walking. Start off by running for 30 sec and then walking for 90 seconds. Repeat this for a total of 20 minutes. Once you can do this, try running for 45 seconds and walking for 45 seconds until you reach 20 minutes and then move onto running for 90 seconds and walking for 30 seconds. Then, start building up the minutes of comfortable running until you can do 20 minutes without walking.

Talk test

You should try to run at a comfortable relaxed pace. An easy way to test this is to have a conversation with your running partner, or an imaginary one. You should be able to speak without gasping or feeling out of breath. If you can't, slow down and remember, don't be afraid to walk.

Time not distance

Your first priority is to build up your endurance not your speed, so increase your time once you have achieved the magic 20 minute mark to 30 (then 40, and so on until you have reached your goals).

Tortoise and the hare

Running works just like the tortoise-and-hare race. It rewards the controlled runner (with weight loss, steady progress, less stress, more energy and

a lots of health benefits) and penalises the overeager (with injuries and burnout). So, take it easy, it's not a race!

Don't worry about anyone else

You have taken up running for yourself so don't start comparing yourself to everyone else. If you do decide to run with someone, make sure that they are of similar ability to you.

Avoid injury

The key is not to over do it. Most running injuries are caused by continuing to run too fast, even when your body starts to tell you there is something wrong. Try to run about three times a week but don't be afraid to rest if your body is sore. There are many different types of injuries that runners get but the best way to keep most of these at bay is to stretch and warm up gently first, and run comfortably at a sensible pace, and to ensure adequate rest between sessions.

Eating a healthy balanced diet.

Don't skip meals because you think you will lose weight faster. Instead, you just force your body to run on empty and you won't make the steady progress you are after.

There are endless options of running sessions and advice in all the areas mentioned above but these are the key basics to getting you started. If you want to find out more, try contacting your local running club. Remember, 'slow and steady wins the race' and enjoy yourself. There is a world out there to be run!

When running or walking the first contact with the ground occurs as the outside of the heel strikes. The foot then rolls inwards and flattens – a process called **pronation**. After this, the foot rolls back outward through the ball of the foot. This is called **supination**.

Over-pronation occurs with excessive rolling inwards of the foot. This causes the lower leg to turn inwards, which puts the knee and hip out of alignment and puts pressure on the back. It can also lead to problems such as shin splints, bunions and problems with your Achilles tendons.

Running shoes

Choosing the right pair of running shoes plays a very important role in avoiding injury and allowing you to run as freely and easily as possible.

Running shoes are designed with various levels of cushioning and stability. In general, if you over-pronate, your shoe should be more stable whereas with over-supination, extra shock absorption and cushioning may be best. To properly assess your needs, it is best to visit us at Scotia and have your feet and gait assessed by an expert.

It may also be worth trying an orthotic, which can support the foot further.

Tips to help you get the best shoe:

- Visit Scotia where experienced staff can assess your gait
- Arrange an appointment for the later part of the afternoon as the feet get bigger during the day - this will

emulate the same effect you get from running

- Wear the same socks that you would normally wear during running
- Bring an old pair of running shoes into the clinic so the practitioner can assess the wear of the shoe
- There should be a full thumb width between the end of the longest toe and the end of the shoe
- Some brands make shoes in different sizes, for those with wide or narrow feet – by having a specialist scan footlevellers can produce the exact shoe for you.
- If you use orthotics, fit the shoes with them in
- Do not rely on a break-in period - running shoes should feel good the day you buy them

