

Scarborough Sports Therapy

Launched this month

A new service has been launched at Pro-Am Sports Injury Clinic “Scarborough Sports Therapy” dedicated to runners.

Running is enjoyed by many people in the uk but it is estimated that 37-54% of runners get injured mainly due to training errors or reoccurrence of old injuries.

This service is for runners of all abilities whether you are going for times, rankings or just want to enjoy it, the main aim is to stay injury free. To help you achieve this we have designed a webpage full of information all about running from; injury advice, training advice, how to stretch, what is a warm-up, running with arthritis, diet, to trainer advice and much more. Scarborough Sports Therapy is supported by Scarborough Athletics Club giving access to top coaches and experienced runners. You can find some of their experiences on the webpage look out for John Trelfa “diaries of a marathon runner”.

As running is very repetitive muscles can become sore and stiff, many runners will use sports massage to help maintain training levels and help to prevent injury. No matter what your mileage or ability sports massage will benefit everyone. Not everyone was designed like Paula Radcliffe but it doesn't mean we don't put the same effort into our runs. Paula has a full time massage therapist with her daily.

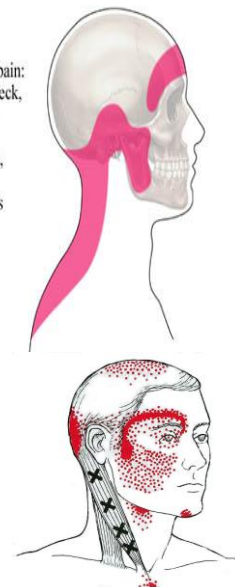
<http://www.proamsportsinjury.co.uk/Scarborough%20Sports%20Therapy.htm>

Tension headaches

Tension headaches are the most common type of primary headache. Many will radiate from the back and neck due to tightness in these muscles. Unlike migraines exercise will not increase pain but may help to decrease it as exercise is a great stress reliever. Tension headaches include: constant, steady pain and pressure, dull and achy pain, pain felt on both sides of the head (90% of cases), in the forehead, temples, and the back of the head, Pressure may feel like a tight band around the head, Intensity that ranges from mild to severe and can vary during the day, tightness in head and neck muscles, difficulty concentrating, first felt soon after waking, insomnia, grinding teeth. This link is great for showing where muscles of the neck can refer pain to

<http://buckheadbodyworks.com/index.php?module=article&view=32>

Possible areas of pain:
upper back and neck,
base of head,
the ears,
above the ears,
the jaw,
above the eyes



Treatments for tension headaches

- Exercise
- Acupuncture
- Massage
- Heat pillow
- Relaxation techniques

You may also want to check your computer setup, take regular short breaks from repetitive movements, make sure you get at least 7 hours sleep. Keep hydrated and eat a well balanced diet.

Sometimes you get a tension headache from an underlying condition such as a cold or illness. When this has been treated the headache should go.