

## Take Control of Your Pain

It's hard to find someone age 28 and older who doesn't have some sort of ongoing injury or nagging pain to deal with. Maybe just a single joint that causes pain now and then or maybe every joint seems to be in the wars.



I've been beating myself up for years with motorbikes, snowboards, skateboards and various other tools of joint destruction and my body has paid the price. I never used to stretch or warm up before I exercised and I'd push to failure every time. I decided that if I wanted to continue to enjoy doing the sports I liked then I'd have to change my approach. I now train for performance, not failure. My aim is to improve function of my body with massage, stretching, functional exercises and good nutrition. I challenge my body in ways that my chosen sports challenge me. I'm now relatively pain free and am working back up to all time best strength.

According to author of The Pain Free Program, Anthony B. Carey, the 'Path to Pain' begins with muscle balance issues. Anthony is among many exercise and rehabilitation specialists who believe that its muscle imbalance, not muscle weakness that causes so many problems. A shoulder problem can be caused by a variety of different imbalances. Your lats and pecs could be tight relative to your rotator cuff muscles pulling the humerus into internal rotation. Rotator cuff muscles could be getting over used due to a problem with the scapular rotators and abductors causing trigger points and referred pain. It's very important to address the cause of pain first. You must first address the tight over used muscles

and then go to work on the weak ones. Canadian spine specialist Stuart McGill stresses the importance of motor control in his recent book 'Ultimate Back Fitness and Performance'. McGill states that the best athletes are not the strongest most muscular athletes, but the ones with optimal motor control. They have fantastic body awareness and know how to squat, lunge, push, pull, twist and bend with perfect form. They can effectively accelerate, decelerate and change direction quickly. We are all born with these abilities, but poor lifestyle habits such as sitting for too long, slouching in front of the computer, lifting too much weight with poor form or unfortunate accidents from situations that life just throws at us, can throw us out of kilter.

### Fixing the problems

The only way of fixing your problems is YOU taking responsibility for your recovery. No one but you can fix you. Taking pain killers and having someone adjust your spine every week isn't going to do a damn thing if you don't do corrective stretching and strengthening and motor pattern re-programming. The adjustments may be a critical part of your recovery, but if you don't train your body to move correctly you'll be forever emptying your wallet into the claws of your doctor or therapist. Regaining balance and control is critical to becoming pain free. I believe that almost everyone should begin their workout with mobility work on the foam roller. This simple cylinder shaped bit of foam has been a godsend for many people. I spend at least 10 minutes massaging my hips and shoulders with this fantastic piece



of equipment. Sometimes the roller isn't quite enough to get into the tight spots so I use either a tennis ball or soft ball to get the job done. Once you've massaged out all the tight spots, I recommend stretching those tight muscles. If one side is tighter, that will require extra stretching. I never stretch muscles that aren't tight. I want balance and optimal joint range of motion not freaky contortion tricks on Friday night.



Once you've 'tuned the guitar' (to steal an analogy) you are ready to exercise. Exercises should be functional and performed with impeccable form. Every rep is a lesson for your central nervous system. Every time you do a faulty repetition your brain learns it and further ingrains a faulty motor pattern. Faulty motor patterns equal faulty loading and we start the pain again. Use the mirrors when possible and learn what good movements look like. Quality is everything.

If you follow this advice you'll most certainly reduce or eliminate much of your pain and seriously reduce the chances of it occurring in the first place.

Andrew Dixon

The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program

# Fund Raiser – Walk to Cambodia

Hi Studiogloers.

I'm Kylie's brother, Leslie and I am participating in a charity fund raising event organised by my team at ANZ. We have selected Australian's for Cambodian Education (ACE) as our charity to support for this year. We have been conducting various fund raising events to raise funds to support this worthwhile cause (see link): <http://www.acecambodia.org.au>

"Australians for Cambodian Education (ACE) is a non-profit, non-government, voluntary organisation whose vision is to "support the right of a child to learn and play".

ACE aims to raise resources for, and awareness about, The Happy School Project in Phnom Penh, Cambodia."

The students at the Happy School have fallen behind their classmates in public schools usually due to dropping out of school to help provide for their families. The happy school aims to either integrate these students back into the public system or assist older students in getting a trade or similar.



Onto the fund raising. We are attempting to travel the distance from Melbourne to Phnom Penh as a team before the end of November. This involves us putting in a combined effort of 6894 km through walking, cycling, jogging, swimming or any other activity. The effort taken to travel the distance is weighted to equate to walking - so if a

participant cycles 3km, that will only count to 1km towards our total in the end.

This makes this an impressive target for those of us taking part. I have pledged to do 500km towards the total and I am asking you to support me or the team as a whole through donations. You can donate a lump sum or sponsor me per kilometer and you can put a cap on how much you want to donate in case I need to pickup the slack of the rest of the team :)



The charity is tax deductible, but ANZ will match all donations dollar for dollar if you don't make a claim.

There is a paypal account set up which can accept donations from credit card or bank account (foreign currency too!), so for those unable to give me cash all I need is a promised donation amount and an email address.

Please give generously. Thank you in advance for your support.

[Leslie.Pogson@anz.com](mailto:Leslie.Pogson@anz.com)



## Winter Stew

### Ingredients:

4 tbs olive oil  
1 onion, chopped  
3 cloves garlic, chopped  
1 carrot, chopped  
1 parsnip, chopped  
1 swede, peeled and chopped  
2 stalks celery, sliced  
2 cups shredded cabbage  
1 can tomatoes  
3 cups vegetable stock  
1 cup red kidney beans canned, drained  
4 anchovies  
500 grams diced chuck steak  
Some dashes Tabasco Sauce

### Method:

1. Brown meat, onions, garlic, celery lightly in olive oil.
2. Remove meat and set aside.
3. Add carrot, parsnip, swede, anchovies and sauté until soft.
4. Add cabbage, tomatoes, vegetable stock and beans. Bring to boil and simmer for 10 minutes.
5. Add meat, put in oven on 140 degrees for 3 hours.
6. Season with salt, pepper and Tabasco Sauce to taste.

Paul

