



A word from Jin – pre and post event.

As we get closer to the Southern Lakes half marathon and your body adapts to the strenuous training runs, there may be times where you find things starting to really hurt! There are lots of conditions associated with intensive running, including Achilles tendonitis, plantar fasciitis, shin splints and ankle & knee pain to name but a few. Please don't just ignore this pain thinking "she'll be right". Metamed is to help! We can diagnose any issue and suggest ways of adapting your training to ensure you complete the event in a safe and healthy manner. With treatments like osteopathy and holistic chiropractic, we can help to reduce the chance of injury during your training. With semi-regular sessions we can pick up on any asymmetries or imbalances in your body and help correct them before they potentially become injuries that stop you from running. In any event like this: prevention is much better than cure!

Is it also beneficial to see someone after the marathon? Definitely! Post-event treatments can help in many ways. For example, if you have suffered from an ankle injury after your event, we will be able to work to relax and strengthen the structures supporting your ankle and hence retain mobility of the joint. This will then prevent any further injuries throughout the year and allow you to continue running! Let us know if you need anything or have any questions at all leading up to this incredible event.

Jin

Jin Ong

Osteopath, Western Acupuncturist, Herbalist & Psychosomatic Therapist