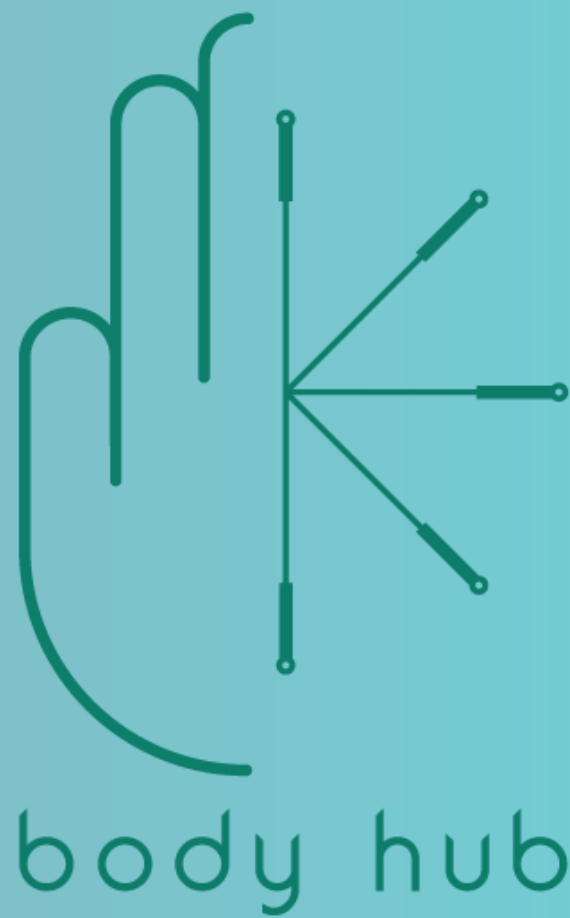
An anatomical illustration of a human figure from the waist down, rendered in a glowing blue, semi-transparent style. The figure is shown in a dynamic, slightly twisted pose. The right elbow joint is highlighted in a vibrant red color, indicating a specific area of focus or injury. The rest of the body, including the spine, pelvis, and legs, is shown in the blue glow. The background is solid black.

THE INJURY FREE GUIDE

WE'RE STUCK AT HOME.
YOU'RE IN PAIN.
LET'S FIX IT.



[Disclaimer](#)

This Ebook contains practical tips for the prevention and treatment of aches, pains and minor muscular injuries. It is not for treating traumatic injuries or serious medical conditions. Please contact your GP if you are in severe pain or suspect something serious. This Ebook is not medical advice. If you experience any pain while trying these practical tips then please stop.

This is a simple Ebook, designed for self help. If you would like in-depth explanations or have a fascination with human physiology, we would love to discuss any aspect of this Ebook in greater detail. Feel free to email us: eloise@bodyhubtherapy.co.uk.

STRETCHING

1

NECK PAIN

2

SHOULDER PAIN

3

LOWER BACK PAIN

4

WRIST AND ELBOW PAIN

5

HIP PAIN

6

KNEE PAIN

7

FOOT PAIN

8

HOW TO FOAM ROLL

9

HOT VS COLD THERAPY

10

MUST HAVE BUYS

11

EXERCISE SUGGESTIONS

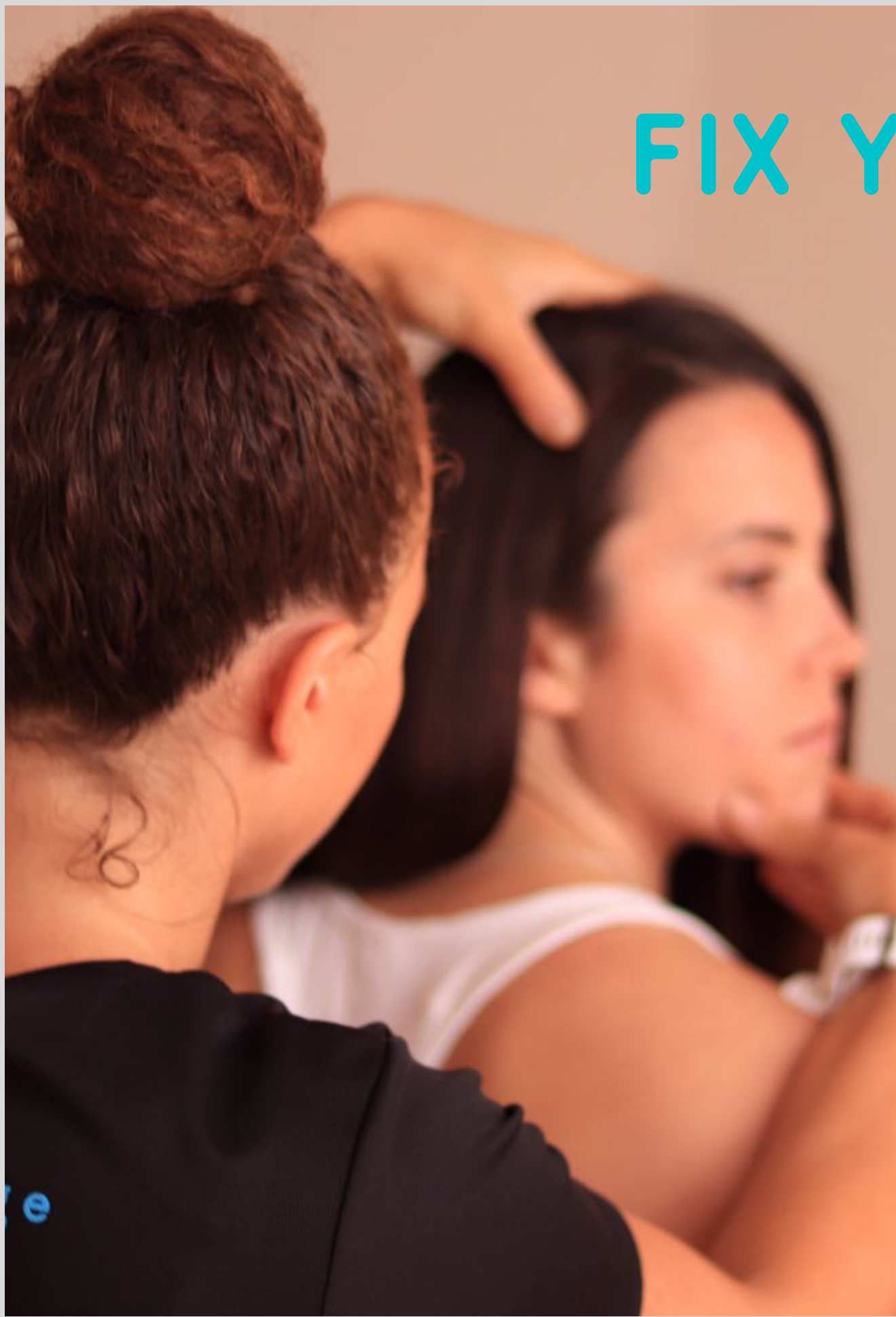
12

EXERCISE SUGGESTIONS

FIX YOUR NECK PAIN

Sometimes we wake up with neck pain and just ignore it, only to find that it seems to get worse, or it goes away only to come back a few days later with a vengeance!

Re-occurring neck pain commonly happens when the neck muscles are tense. Have a look at our top tips on how to ease this.



TIP 1: Check your pillow

Make sure that your pillow is supporting your neck correctly and that you have the right pillow set up for your style of sleep. Your neck should be neutral throughout the night because if it isn't, the neck muscles will continue working during your sleep to stabilise your head.

We recommend Dunelm's memory foam pillow for a well supported sleep (see page 10).

TIP 2: Apply heat

Stiff neck muscles love heat! This will bring blood into the muscle fibres to help them relax. Find tips on how to apply heat on page 9.

TIP 3: Realign your neck

How is your posture right now as you are reading this? Is your neck falling forward? Over the next few days, try to consciously hold your head up so it is in line with your back.

TIP 4: Self massage the Trapezius muscle

Squeeze that juicy muscle at the top of your shoulders, that's your Traps, Does it feel tense?

If this muscle is constantly tense the neck cannot fully relax. Use a small amount of oil or cream and use your fingertips to massage the Traps (see video 1 on page 11). If you find a particularly sore spot, push down hard with two fingers and hold until the pain disappears.



FIX YOUR SHOULDER PAIN



The shoulder is a very complex joint and there are so many conditions that can cause pain here.

The most important thing to remember is 'shoulder mechanics'. This means making sure that the shoulder is moving how it should. A dysfunction in correct movement is the most likely cause of shoulder pain and injury.

Let's get your shoulders moving properly!



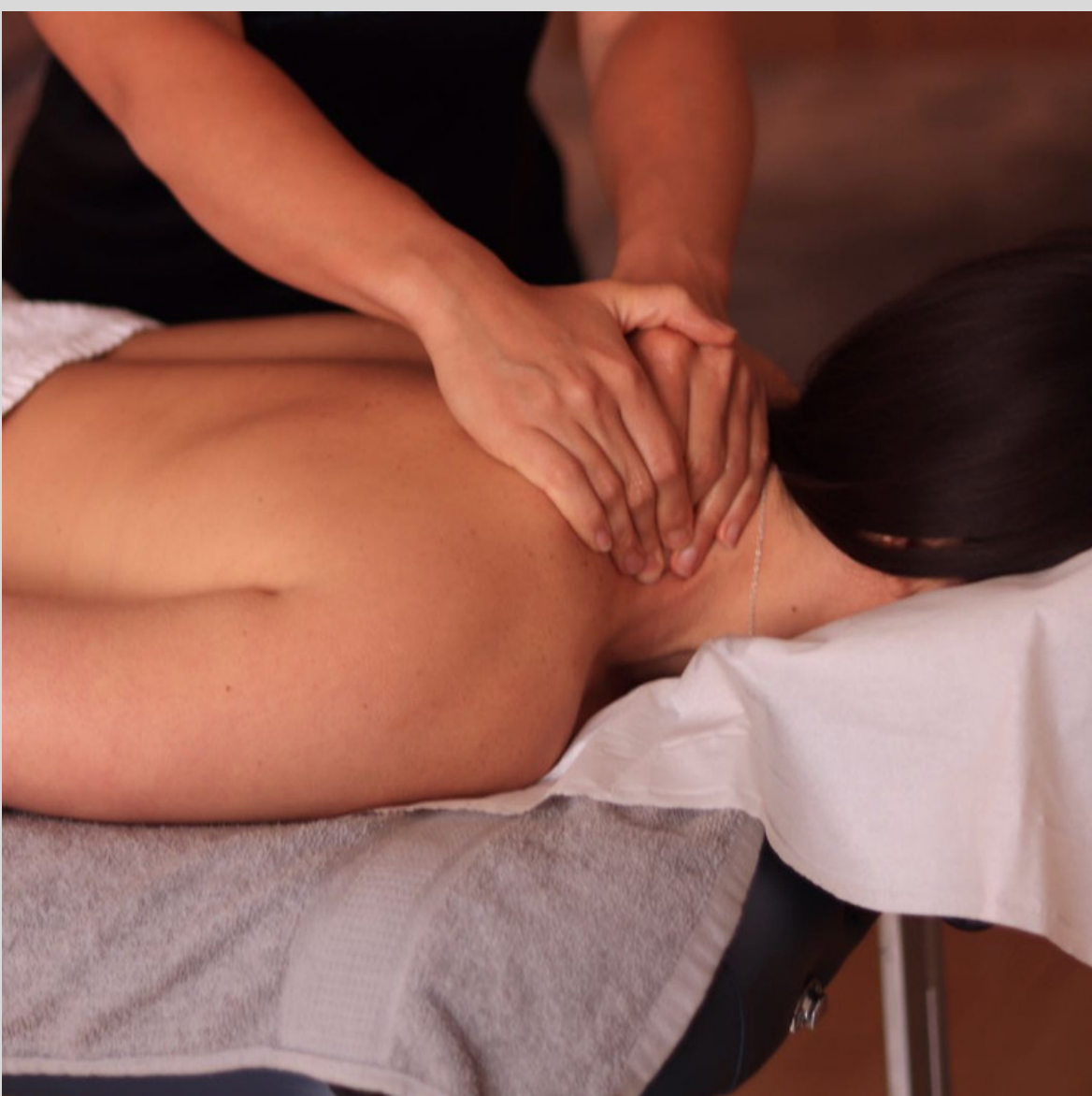
TIP 1: Posture

Stop slouching! You probably hear this all the time but it's so important. Most of the shoulder issues we see in our clinic have occurred due to rounding of the shoulders and a forward head tilt. This causes the upper back muscles to stretch out and weaken over time and the chest muscles shorten and become very tight.

If you are sitting for long periods, attach a lumbar support (see page 10) to your chair. You will notice an improvement in posture immediately but this alone will not result in permanent postural improvement.

TIP 2: Upper back strengthening

Following on from Tip 1, in order to permanently remedy your slouching posture you must strengthen the muscles of the upper back so that they can correctly assist in pulling your shoulder blades backwards. The main muscles that commonly need strengthening are the Rhomboids, Lower Trapezius and Serratus Anterior. Use bands to strengthen your back (see page 9 for bands). Our favourite shoulder stabilisation exercise is wall slides (see video 2 on page 11). Try this three times a week.



TIP 3: Chest Stretches

Tight chest muscles need to be opened out to enable corrections from slouching. As the shoulders round forwards, space in the shoulder joint shrinks, increasing the chances of impingement, frozen shoulder and tears. You can find a variety of great chest stretches on youtube but we recommend the floor Pectoral stretch (see video 3 on page 11).

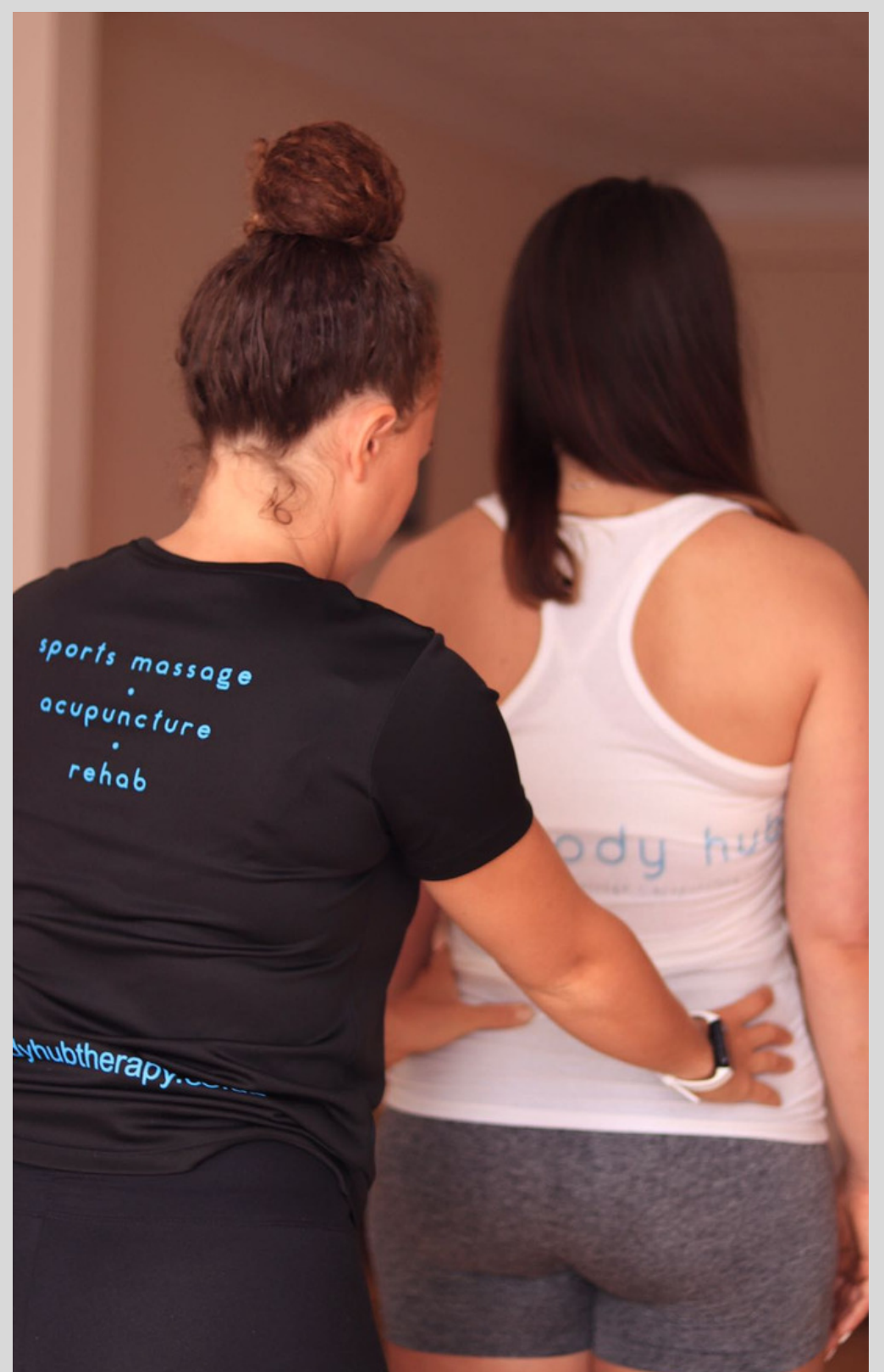
FIX YOUR LOWER BACK PAIN



By far the most common complaint we see in our clinic is lower back pain. A lot of the time it is very non-specific. If you have had lower back pain before or are currently battling with a re-occurring lower back issue, we know how debilitating it can be! You are not alone!

Posture is a leading contributor to back pain. With certain muscles working too hard and others not working properly, our bodies are pulled out of perfect alignment and our hips shift.

We must learn to align ourselves in order to reduce back pain.



TIP 1: What posture do you have?

Take a look in the mirror, now take a look at these images of common posture problems. Which posture matches yours?



The fifth posture from the above image shows a correct neutral posture. Very few people come and see us with a neutral posture. We suggest becoming familiar with which posture you have so that you can address the imbalances. This will take away the unnecessary strain from your lower back that has built up overtime.



TIP 2: Check your QL muscle

We do so many movements subconsciously that sometimes we don't even notice how much we lean to one side. We carry handbags, lift children, sleep on our sides, cross our legs in a chair etc. All these movements cause our hips to lift on one side and drop on the other.

The little muscle you see in the picture on the left is called the Quadratus Lumborum. When this muscle is only contracted on one side (lateral flexion) then the hip becomes tilted. This is the most common cause of back pain in our clinic.

Loosen this muscle by rolling on a lacrosse ball (see video 4 on page 11). Find the QL by putting your hands around your waist and pushing into the space between your bottom rib and your hip.

You can also target the QL muscle with this deep stretch (see video 5 on page 11)

FIX YOUR WRIST AND ELBOW PAIN



Have you ever trained your forearms? Unlikely. I doubt that you have ever been to the gym and thought 'today I am going to work on my forearms'.

We use our hand, wrist and forearm muscles all day, everyday and expect them to just co-operate and stay pain free.

We need to strengthen these muscles. Overuse is what causes pain here because the muscles are too weak to handle the demand.



TIP 1: What do you use your hands for?

Think about an activity you do daily that uses your hands. For us at Body Hub we do a lot of massage, you on the other hand might type a lot. Maybe you are a gardener or a tailor. Even though we might not think about it, these daily practices use numerous hand and forearm muscles. Always make sure you are working with the best technique and if something is very repetitive, make sure you take frequent short breaks.



TIP 2: Simple exercises

To build up the strength in your wrists and elbows we love the stress ball squeeze. Hold for 6 seconds and relax for 10 seconds (see video 6 on page 11). Try this everyday. You should do this until you feel the muscles begin to tire.

TIP 3: Streeettchhh

As you strengthen these areas, the muscle fibres inside the muscle will grow in quantity and size. To keep them from getting tense and not functioning well forearm stretches are a must. If you keep your forearms nice and flexible it is less likely that another injury will occur. A weekly stretch routine is the answer (see video 7 on page 11).

FIX YOUR HIP PAIN

As many of us are now working from home, the need to get up from our desk/bed is reduced. As we sit for longer, our postural muscles weaken, accommodating for the new position we find ourselves in. Our muscles begin to adapt to this new seated posture.

Sitting causes a change in the position and length of our Glutes, Hip Flexors, Hamstrings and spine.

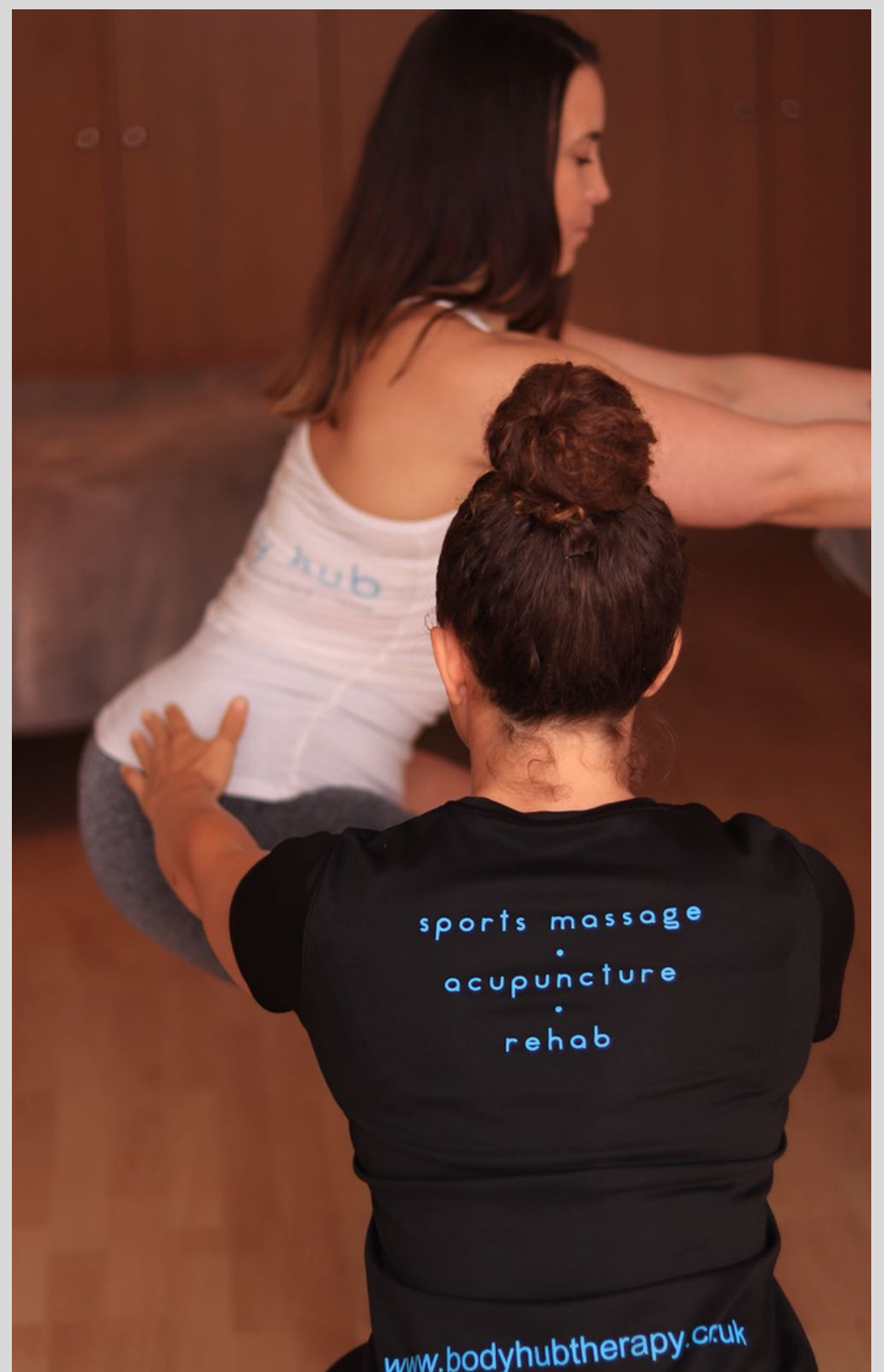
The good news is that the tightness of the hips from sitting can be reversed very easily.



TIP 1: Hip Mobility

Hips that don't move as much as they should are inevitably going to stiffen up. Most movements we do as humans are in one plane of motion; forwards and backwards. If we continue to only move in this plane then our rotational muscles become weak.

It's time to get mobile in all directions. Try this routine after a days work (see video 8 on page 11)



TIP 2: Is your lower back strong?

If you don't lift weights or frequently participate in a sport that requires back strength then it is likely that your lower back is weak. Small muscles in the lower back stabilise the hip bones to keep them level and functioning optimally. It is imperative that they are kept strong.

Enter the deadlift (see video 9 on page 12). I know it sounds daunting but this one exercise is the holy grail of back strength. It will counteract a day spent sitting by activating all the muscles that have been inactive all day. Try it with a resistance band today! 12-15 reps repeated three times will get your lower back pumped!



FIX YOUR KNEE PAIN

Ahhh dreaded knee pain, we've all been there! Poking and prodding our knees to try and figure out where the pain is coming from.

The knee is a complex joint, similar to the shoulder in that it has many tendons and ligaments that are crucial for its function. Unfortunately this means that the knee is especially vulnerable to injury.

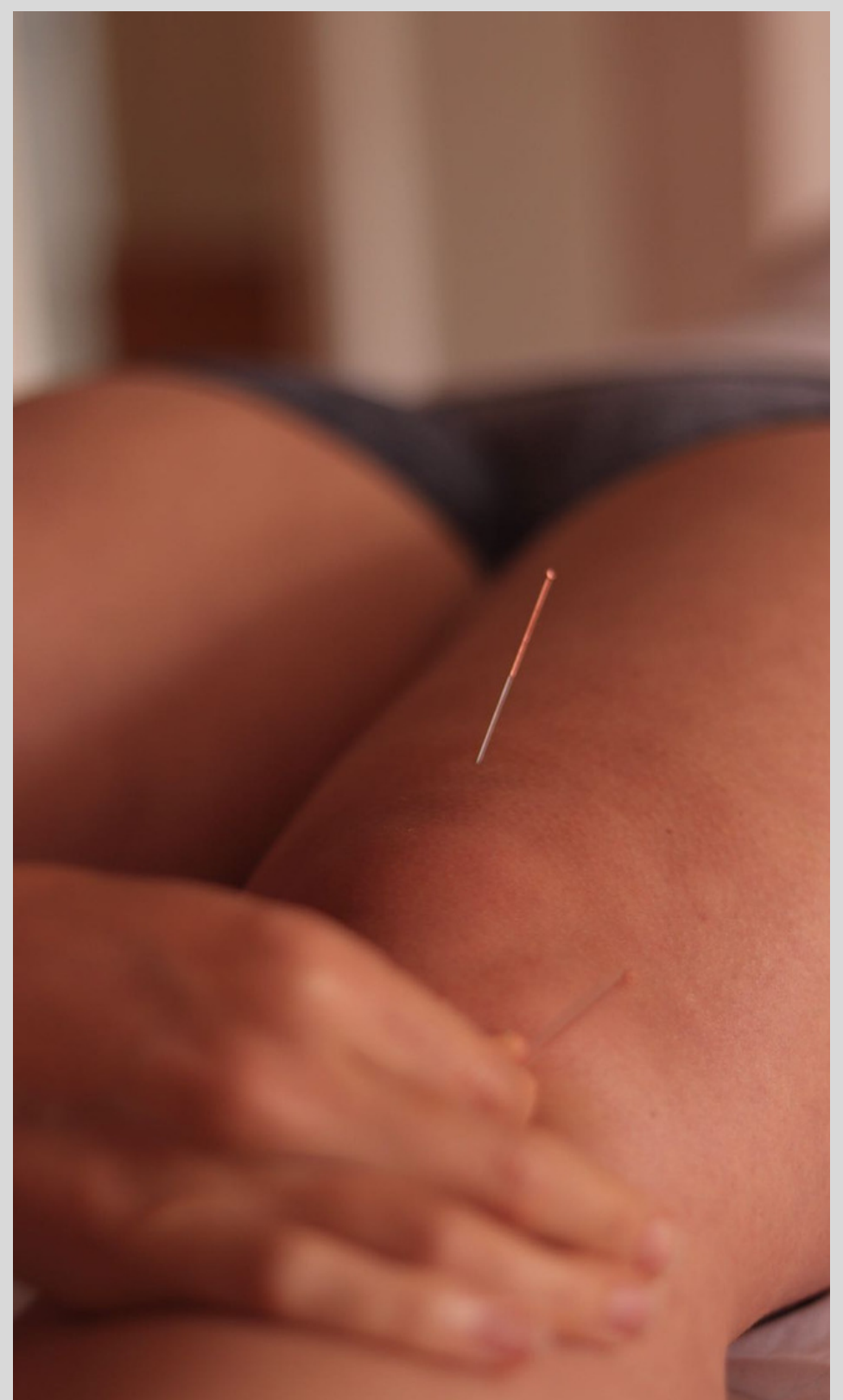


TIP 1: Check your feet

At Body Hub, we are obsessed with feet! As the first point of contact with the floor, how our foot hits the ground will determine how force travels up our body. You might have heard the terms 'flat feet' and 'high arches' before. If you have a flat foot your foot rolls inwards as you strike the ground and outwards for high arches. Have a look at your feet in the mirror and stand on one leg. If you notice your foot struggles to stay straight, think of the knock-on effect that is having on your knees. Strengthen your arches to stop your feet collapsing (see video 10 on page 12).

TIP 2: Tight quads?

As mentioned in the hip mobility section on the previous page, we tend to spend most of our lives in one plane of motion. Our thigh muscles end up working too hard and dominating all the other muscle in our legs. An overused muscle gets plagued with knots in the fibres as it rarely has time to recover. When the muscle has knots, it functions differently. In the thigh, this means that the knots will pull the kneecap out of place. Foam roll your quads regularly to allow for your knee to stay in its place and articulate smoothly (see video 11 on page 12).



TIP 3: Strengthen the surrounding muscles.

Protect the knee joint by targeting the muscles around it. We commonly see weaknesses to the muscles that are found on the inside of the knees as well as the hamstrings (back of the thigh). If your quad muscle is very strong and is dominating other leg muscles then it is also likely that your butt is weak! Get buns of steel using bands!! (see video 12 on page 12). It burns but it is so effective at taking the strain off the knees.

TIP 4: Rest

Many knee injuries are from overuse which leads to inflammation. Inflammation at the knee exacerbates knee pain. If your knee is warm to touch or looks swollen, it's time to stop. Give your knee a rest and apply ice (see page 9).



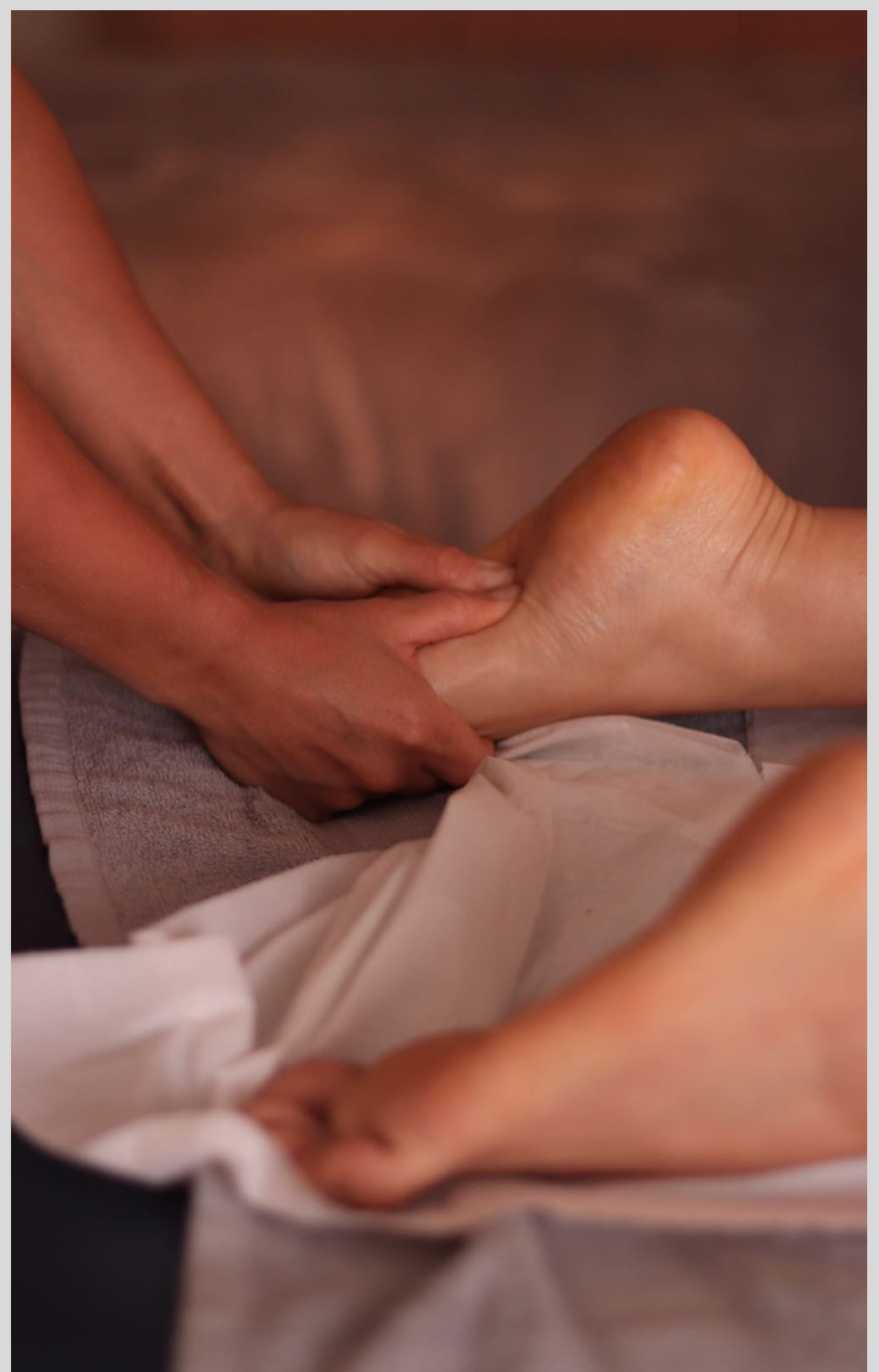


FIX YOUR FOOT PAIN

Probably the most annoying of all injuries!

When a niggle like foot pain is not very consistent, it's hard to find the motivation to sort it out. Please be aware that it might start as a niggle but it is a sign that there is an underlying problem that needs addressing.

So stop writing off your foot pain and ignoring your feet!



TIP 1: How're your arches?

The arch of the foot is an area along the bottom of the foot between the ball of the foot and the heel. Pain in the arch of the foot is a common problem, in fact it is the most common type of foot pain we see at our clinic. It is usually caused by a structural issue like flat feet. Flat feet happen because of weak arches that have collapsed. This means a lack of shock absorption and a lot of impact build-up causing issues like Plantar Fasciitis and Achilles pain. Strengthen your feet (see video 10 on page 12) to combat foot and ankle pain.

TIP 2: Bunions

If you have swelling and pain at the big toe joint then it is likely that you have developed a bunion. Unfortunately a bunion is non reversible but the pain is not! Firstly it's time to switch to a wider shoe to allow your toes space. Your bunion has developed due to narrow fitting shoes pushing your big toe inwards towards the smaller toes. Secondly, embrace being barefoot! Let your toes splay so that they can remember how to function correctly without being squished into shoes.



TIP 3: Over-worked calf muscles

As we continue to wear tight and narrow shoes, our foot muscles get weaker and weaker, forcing the calf muscles to take over. The calf gets very stiff which in turn leads to ankle stiffness. Increase the blood flow to your ankles by foam rolling away the knots (see video 13 on page 12). You will be surprised at how much better your feet and ankles feel after this!

FOAM ROLLING

Whilst sports massage is off the cards, foam rolling is a great self massage tool that can help reduce the build up of muscular knots.

How to roll?

First things first, it's going to be painful. If you have seen us for a sports massage then you know what we mean. In order to break down the muscle knots we need to get deep into the fibres to straighten them out. To do this with the foam roller follow these steps:

- Position the roller underneath the muscle that requires attention and apply your body weight.
- Warm up the area by rolling gently and covering as much surface area as possible. Make a mental note of which part of the muscle feels the most uncomfortable.
- Once nice and warm (the muscle will flush red) you can begin to go deeper. Slowly move up the muscle and stop on a sore spot. Push down into the sore spot until it reaches 8/10 pain, now hold! Wait until the pain decreases to a 2/10 and then move to the next spot. Don't worry if it takes a while for the pain to decrease, this just means that your muscle really needs it.
- Do not roll over bone. If its not squishy, it's not muscle!
- Do not foam roll everyday. 2-3 times a week is perfect.
- Never roll an area if it is swollen or inflamed.

When to roll?

Before a workout

If you are about to take part in an activity that requires lots of flexibility then this would be a great time for you to foam roll. If you have been sitting all day before you workout, your muscles will be shortened and prone to injury when they are suddenly exerted. Foam rolling will increase the blood flow to the muscles you are about to use so that they can contract and relax better.

After a workout

Foam rolling reduces DOMS (the soreness you feel the next day after a workout) and stops decrements in physical performance. As we currently have a lot of time on our hands, we are exercising more. If you struggle to work out for consecutive days due to sore muscles then foam rolling after a workout is for you!

Where to roll?

This is completely subjective as it depends on which areas on your body are tight and stiff. To get the best results, be conscious of your body on a daily basis and ask yourself which areas ache the most.





HOT VERSUS COLD



Knowing when the time is right to apply hot or cold is crucial when recovering from injury. Keep the facts in mind to speed up recovery time.

WHEN

Use when your muscle is feeling stiff and tight.

WHEN

Use when you have pulled a muscle or a ligament and you need to reduce the swelling.

HOW

Apply for 30 minutes whenever you are feeling tense.

HOW

Apply for 20 minutes on and off for the first 5 days after an injury.

THE COOL SCIENCE

Heat dilates the capillaries causing blood to flow rapidly to the area, replenishing oxygen and nutrients to eradicate tension.

THE COOL SCIENCE

When applied to swollen tissue the ice will constrict the blood flow to allow for the damaged tissue to heal.

MUST HAVE BUYS

Our secret pain combatting items!
Click the photos to buy the product.

A. Chair attachment:



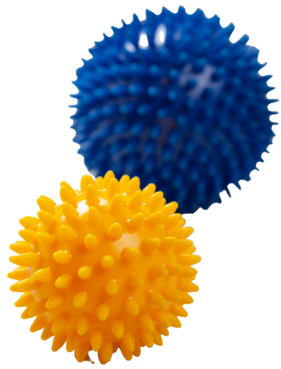
B. Hot and cold pack:



C. Pillow:



D. Lacrosse ball/Golf Bal



E. Bands:



F. Foam roller:



EXERCISES



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)

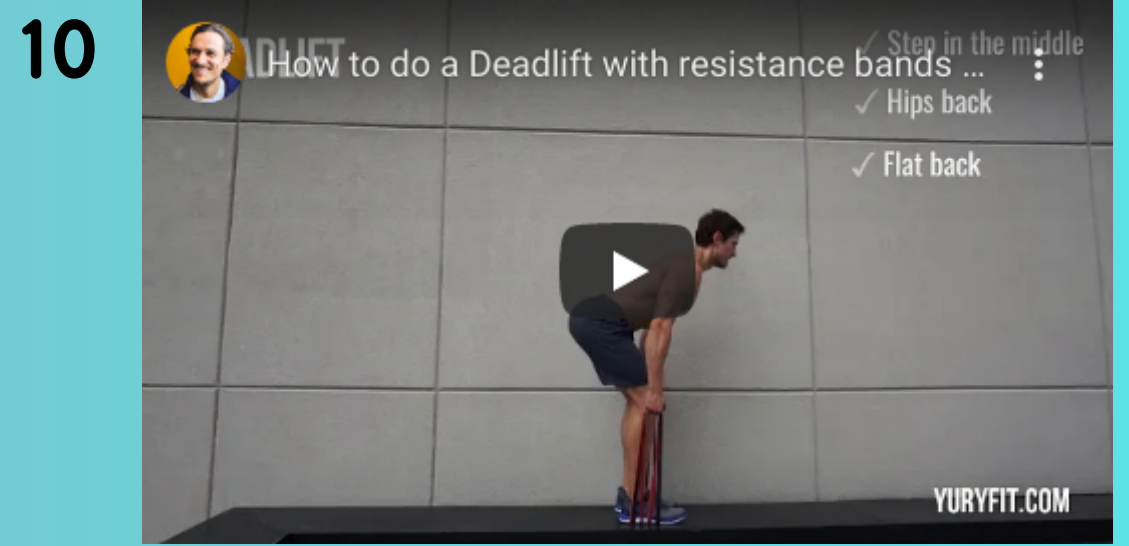


[CLICK HERE](#)

EXERCISES



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)



[CLICK HERE](#)

STILL IN PAIN?

[Book an online consultation here](#)

Here's how it works:

New Injury

- We will ask you lots of questions about your new injury in order to build up a comprehensive understanding of the issue.
- We will ask you to perform certain movements while we watch you.
- We will then be able to give you advice on the issue and show you some exercises/stretchches.
- You will receive your treatment plan via email after your session.

Follow up injury

- We will ask you lots of questions about how you have been getting on since your last session.
- We will discuss your progress.
- We will look into your training plan and decide whether it needs updating.
- You will receive your treatment plan via email after your session.