



# Performance Therapy Newsletter

SPRING '22

**Welcome to our quarterly newsletter,  
where we aim to share information to  
enhance your wellness and performance.**



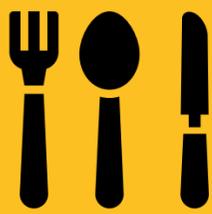
**INJURY  
MANAGEMENT**



**TRAINING**



**PERFORMANCE**



**NUTRITION**

## *About Us*

### **Katie Wilhelm**

Certified Athletic Therapist &  
Registered Massage Therapist

### **Jay Melhado**

Sports Performance Coach



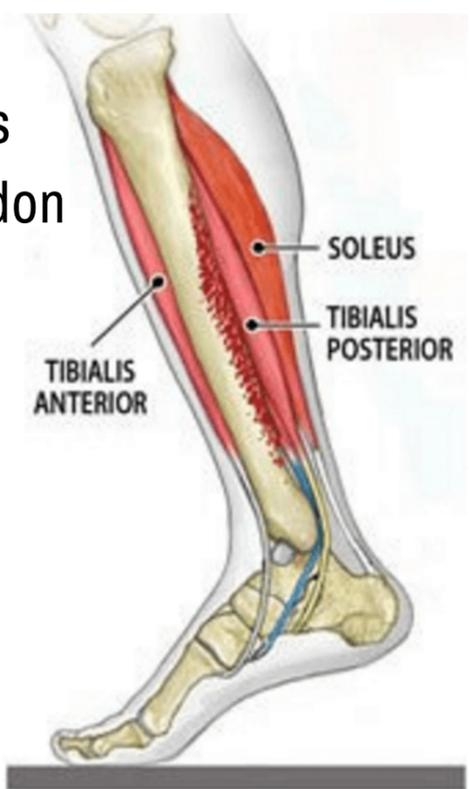


# INJURY MANAGEMENT

**SPRING '22**

## **SHIN SPLITS**

As the days start to get longer and warmer, many of us tend to move our activities outdoors, which is great for our vitamin D consumption and our mental health, but can sometimes lead to a burning type pain in the shins, caused by tendon irritation in the Tibialis Anterior or Tibialis Posterior muscles, commonly known as Shin Splints.



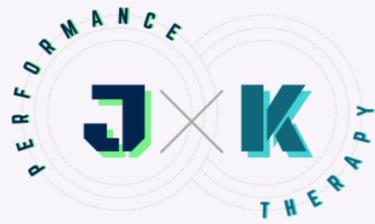
Shin splints often occur with:

- Change in footwear
- Change in surface type
- Increase in volume/distance.

Building strength in your arch and shin muscles can help limit the complications from changing footwear and surface type. This can be achieved by arch setting, towel curls, and resistance band ankle exercises.

When returning to outdoor jogging/running follow the 10% rule. Only increase your weekly mileage by 10% each week to avoid these types of overuse injuries.

**READ MORE →**



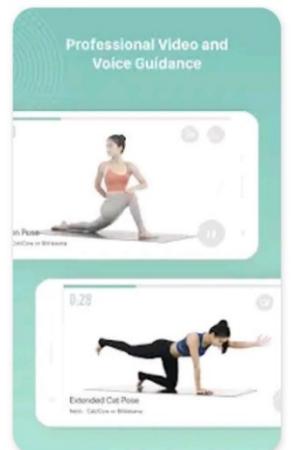
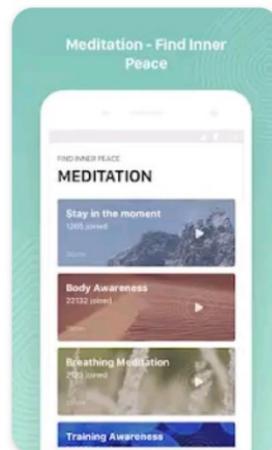
# PERFORMANCE TIP

**SPRING 22**

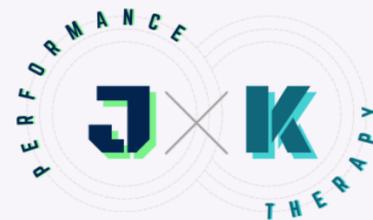
## **APPS WE LOVE: KEEP YOGA**

Yoga is not only a great "stand alone" activity to improve your balance, flexibility, and isometric strength, the shorter practices within the app can also act as a great cooldown following a workout.

What we love about the Keep Yoga App is the various lengths and difficulty levels as well as guided meditations.



[← READ MORE →](#)



## TRAINING TIP

**SPRING '22**

### **THE ISO-DYNAMIC METHOD**

The Iso-Dynamic Method is a sets and reps training scheme that "sandwiches" a dynamic movement by 2 isometric holds. This is a great way to work on control and mobility in the bottom ranges, work on the different contraction types of your muscles, and increase demand if the load you have access to is limited.

This method is best used with the foundational multi joint exercises like squat, pushups, rows, etc. A great starting point is a 6s Iso Hold - 6 Reps - 6s Iso Hold and progress time/reps from there.

[← READ MORE →](#)



## NUTRITION TIP

**SPRING '22**

# HOMEMADE GRANOLA BARS

**When you're heading out for a hike, kayak or bike ride, don't forget to pack this powerful snack!**

### INGREDIENTS

- 1 cup creamy peanut butter
- 2 large eggs
- 2 tbsp melted coconut or vegetable oil
- 1/2 cup raw honey or agave nectar
- 2 tsp pure vanilla extract
- 2 cups large flake rolled oats
- 1 cup ground flax seeds or ground chia seeds
- 1/2 cup quinoa flakes
- 1/2 cup raw cacao nibs or mini chocolate chips
- 1 cup crispy rice cereal or rice puffs
- 2 tbsp dried unsweetened Goji berries or cranberries (optional)

### DIRECTIONS

1. Preheat oven to 350°F. Line an 8-inch square metal baking pan with parchment paper or waxed paper
2. In a large bowl, cream together peanut butter, eggs, coconut oil, honey, and vanilla until smooth. Add oats, flaxseeds, quinoa flakes, and cacao nibs, and stir just until combined. Fold in crispy rice cereal gently so cereal doesn't get crushed.
3. Lightly press mixture into prepared baking pan. Bake for 25mins or until firm to touch. Let stand for 20mins. Cut into bars. Store in airtight container in the fridge for up to 3 days or freeze for up to 3 months.

Recipe from "The Ultimate Cookbook for Hockey Families"  
- E.Phillips & K.Kealey

**JOIN US NEXT TIME**