

ON THE MOVE

THE OFFICIAL MONTHLY WHATSAPP NEWSLETTER



ISSUE- JAN 2024



Shubham Vanmali



Deep Tissue Release at PQ
finetunes my muscles and reduces
my swim timings

Humans of PQ- Conquering the Oceans.

*Master of my fate.
Captain of my soul.*

Meet **Shubham Vanmali**, an international open-water swimmer as he opens up about his long association with Physioqinesis and how a structured training program has contributed to his success.

Shubham is an embodiment of discipline. The quintessential athlete, Shubham chose the road less travelled in swimming. And the rest was history. Having won numerous accolades including the Tensing Norgay National Award for Adventure Sports, Shubham is as passionate about his sport now as he was when he began his remarkable journey.

HANDLING PHYSICAL CHALLENGES>>Open-water swimming can be gruelling, dangerous and a real testament to one's grit. When quizzed about how he handles the physical challenges of open-water swimming, Shubham believes that mental strength is what helps him sail through the water. Be it swimming through jellyfish or opposite currents he doesn't stop and keeps going. Stretching himself during feed breaks also helps him to physically cope with the demands of open-water swimming.

IN THIS ISSUE

PQ FEATURED	1
	2
PQ WISDOM	3
PQ SPOTLIGHT	3
PQ QUICK FIX	3
PQ FAQ	4
PQ SERVICES	4
FOUNDER'S MESSAGE	4



**Training with
Physioqinesis
has been a complete
game-changer**

TRAINING WITH PHYSIOQINESIS>>

“Training with Physioqinesis has been a complete game-changer” says Shubham. A targeted swimming-specific approach with an equal focus on developing strength, endurance, flexibility, coordination and power has not only increased his swimming efficiency but has also made him more effortless and streamlined in the water.

RECOVERY>> Recovery is another aspect where Physioqinesis has played an important role. In addition to sleep and proper nutrition, Shubham attributes an increase in muscular efficiency and a decrease in timings with Deep Tissue Releases offered at Physioqinesis.

PREP BEFORE A SWIM>> Before embarking on an adventure swim, Shubham ascribes the success of the swim to Visualisation. Also called Mental Imagery, He imagines himself swimming strong, and fast, enjoying his swim and how he would celebrate once the swim ends. Eating right, avoiding eating anything new, being on schedule, sleeping well and stretching are the other tips that he offers to ready yourself for an adventure swim. He also ensures his body is relaxed and tapered before an important swim.

MANAGING INJURIES>> Injuries are a part and parcel of an athlete's life and he recalls this one time in Hawaii when he couldn't feel his arm after swimming for 7 straight hours! He was found swimming with one arm and a bleeding leg. It was when he was battling his worst injury that he crossed paths with Dr Shwetha and Physioqinesis. Physioqinesis has since been his constant rehab and performance partner for several years now and having done record-breaking swims one after the other together he is hungry for more.

**MOTIVATION AND MESSAGE TO
BUDDING SWIMMERS>>** After swimming for more than two decades and being at the top of his craft, His pure love and dedication to the sport is what keeps him going. His message for budding swimmers is simple. “Love and enjoy what you do. Slow down and avoid burning yourself out. It's the climb and the journey that is worth it all, not the top”, he signs off.





PQ WISDOM

Hitting Tennis Elbow out of the court!

Do you have elbow pain while gripping, typing, lifting heavy or simply shaking hands? Then you may be suffering from a Tennis Elbow. Curious why you would be suffering from tennis elbow although you have never held a tennis racquet. If Sachin, a cricketer can get it, so can you.

WHAT>>> Tennis elbow is the layman's term for Lateral Epicondylalgia which occurs if you overload the forearm muscles.

WHY>>> Proximal weakness, a recent spike in activity or improper lifting technique may all contribute to developing a Tennis or Tendulkar Elbow.

HOW>>> How can you manage or prevent it?

Here's HOW-

TAKE A BREAK Offload the area by avoiding activities that aggravate pain. Avoid repetitive movements and static postures.

GET STRONGER Go BIG and strengthen the larger muscles of the shoulder, neck and core in addition to strengthening the wrist and elbow. Make sure you exercise with proper technique.

AVOID SHOTS Although steroid shots/injections reduce pain immediately, they have been found to worsen prognosis in the long term!

PQ QUICK FIX

Back Pain during prolonged sitting? A towel roll to support the curve of the back placed between the back and the chair will work wonders to relieve the pain.



PQ SPOTLIGHT



Physioqinesis was the proud Recovery and Performance Partner for the State level Weightlifting Competition 'Ashwamedh' where we provided weightlifting-specific fitness testing, on-field injury management and Performance enhancement services. Supporting athletes at the grassroots is one of PQ's primary goals. Watch this space for more such supportive collabs!



PQ FAQ

- Q** As a part of my New Year resolution of getting fitter, I want to take up running or gymming. How should I go about it?
- A** → Although getting fitter or healthier is a wonderful goal, many fitness newbies end up with injuries because of doing too much too soon and are forced to either take a break or quit!
 - A **movement screening** helps to expose weaknesses, highlight strengths and better prepare you to meet your fitness goals.
 - Just as health is determined by vitals such as heart rate, blood pressure, etc., a movement screening tests your **stability/control, mobility, strength and endurance**
 - When paired with **Body composition** we get a complete picture of your readiness to start your fitness goals!
 - In conclusion, start your fitness journey by **getting tested first!**

PQ SERVICES

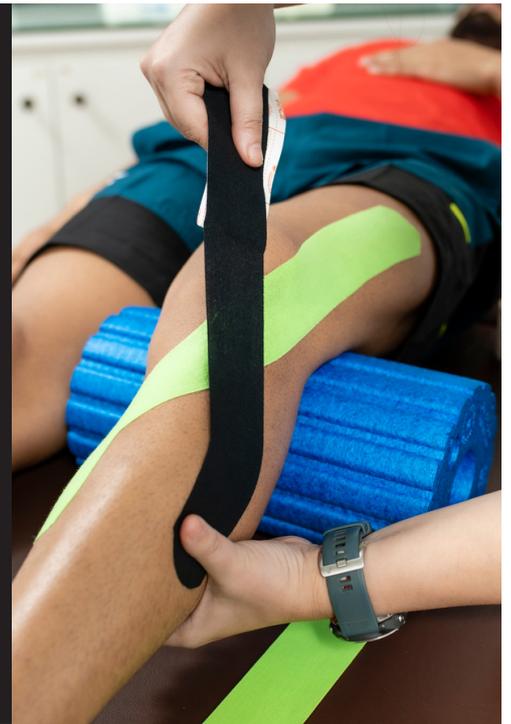
TAPPING INTO TAPING

You must have seen colourful tapes on your favourite athlete's body and wondered how they work, whether to get taped yourself or when to use taping.

Taping is used as an adjunct to treatment and has a myriad of applications from relieving pain to improving performance by preventing injuries and supporting the right muscles.

Taping has to be done by professionals to avail its benefits to the fullest.

So whether you are a runner wishing to improve his run or a software engineer trying to sit for longer without pain, taping will help you when paired with your fitness routine. Read on to avail exclusive discounts on taping at Physioqinesis



FOUNDER'S MESSAGE

Motion is lotion. Our bodies crave movement and prolonged rest does more harm than good to our bodies. Remember, your next position is your best position.

SPECIAL OFFER

Get taping done for INR 500 ONLY

*offer valid till 31st Jan,2024, T&C applied