

Take your **running** to a better place ...



Body Organics for Running Conditioning

Body Organics is an established, multidisciplinary health care practice in Brisbane. Our three studios (West End, Chelmer, Annerley) offer allied health services such as Physiotherapy, Exercise Physiology, Podiatry, Nutrition, Osteopathy, and Remedial Massage. Providing a great complement to these services is an extensive range of body movement exercises such as Pilates, Gyrotonic® and CoreAlign®, all under the supervision of qualified physiotherapists, exercise physiologists and instructors.



Why is this important to Runners?



For runners, proper body alignment is critical. The most commonly reported injuries occur at the ankle, knee and pelvis/lumbar spine. These injuries are often caused by overuse rather than an acute episode. Therefore runners need to be able to maintain an efficient gait pattern in order to minimise excess muscle use (overloading of soft tissue structures); leading to excess energy expenditure and increased risks of injuries.

Body Movement Programs

Body Organics can develop Pilates, Gyrotonic® and CoreAlign® programs specifically tailored to the needs of individual runners. These programs focus on strengthening the inner support system, which consists of the deep abdominal muscles, and the muscles closest to the spine. The exercises develop core control and trunk stability by integrating the trunk, pelvis and shoulder girdle. This can teach runners how to activate their inner support system to attain maximum balance and alignment as well as correct muscle "firing" patterns.

Runners will also see stronger stomach and gluteal muscles - the base of all their movements. For runners strong trunk stability will keep shoulders, pelvis and spine balanced and aligned so that they can generate power through the legs in order to improve speed and endurance.



Injury Recovery

At Body Organics, our comprehensive range of allied health services is ideal for injury or illness recovery. Our therapists can work collaboratively to get you back on the road faster.

Contact Carla Mullins (Studio Manager) or Michael Schwarer (Practice Manager) to discuss the needs and goals of your run-conditioning program. We work with individuals, coaches and teams.