

Hello All!

Firstly, please let me introduce myself. I'm Storm Baynes-Ryan, a Physiotherapist from Elevation Performance and Wellness. My background is sports and manipulative physiotherapy, rehabilitation, breathing re-education, pain management, Pilates and sports training. I competed for nearly 10 years as a competitive rower and surf lifesaver and during that time for some variation, turned my hand to some cycling, long distance off road running and other multisport events. These I still enjoy, especially now I have retired from competition and I complete rather than compete, enjoying the amazing scenery that the events have to offer.

I'm thrilled to be a part of the team for this amazing event and I am here to provide basic training tips to prevent and manage injury and will be available on the days of the event for strapping and as needed for injury assessment and injury management planning.

With less than 90 days to go, I'm sure that your training is ramping up and you are starting to plan for the start (and finish line). As you increase your training volume and or intensity, often, any niggles that you have had become more pronounced, and even if you have happily been pounding out the miles with no discomfort, certain body parts that have previously behaved well, can make themselves known. The best rule I can give you in regards to this, is that if it doesn't go away within two days (even if it's only present when doing certain movements!) then it's time to get a good physiotherapist with some knowledge of biomechanics to assess your injury and have a look at your movement pattern, as, trust me, as you do more and more training, you are unlikely to feel a whole lot better! If you have access to a coach, ask them if there is anything you can do to your technique to minimise any chance of further discomfort.

If you are able to get to Wairoa or Gisborne, I am able to provide a full muscle balance assessment, and provide you with a home exercise programme to assist with your injury management – by appointment. There are also several classes (Wairoa and Gisborne based) you are able to join, either completing supervised, individualised mat or equipment Pilates based exercises to increase your strength and flexibility in the required areas to minimise any further discomfort should you have any, and to improve your performance both at training and on the day.

More information will be available on the website later this week – please do have a look.

I will be available at the Lake to Lighthouse for taping of joints to manage or prevent injuries – by appointment on the mornings of the event. In addition I am able to assist with any injury assessment and management during the course of the event, though I would prefer to see you beforehand to ensure that any preventable injuries do not occur! I am ACC Registered and can assess and assist you with managing both long term and acute injuries.

If you have any queries, please do contact me

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