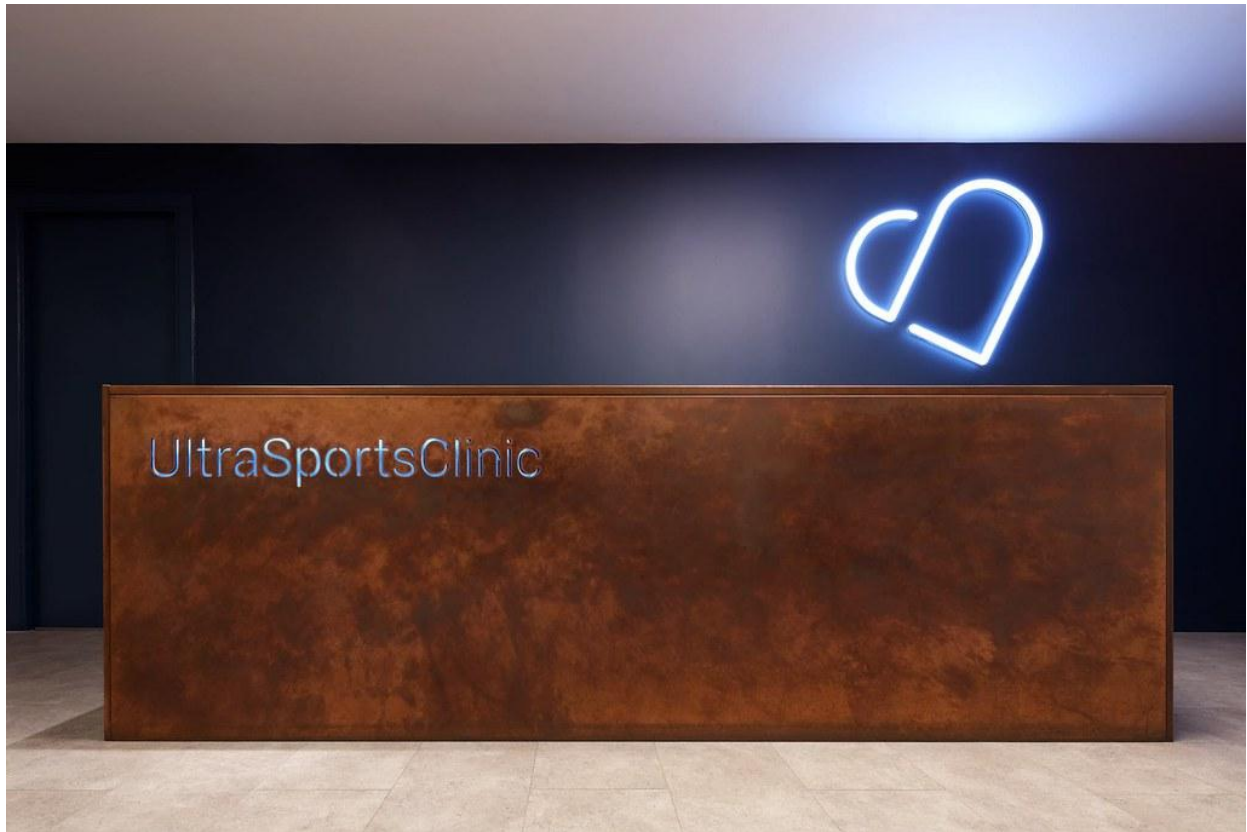


Ultra Sports Bank Latest - September



We've certainly been busy at our [Ultra Sports Bank Clinic](#) recently! This month, we're diving into the industry trends we're seeing, a treatment that's gaining traction for knee injuries, and a recent case study that highlights our approach to getting runners back on track.

Key Takeaways:

- [Industry Trends & Local Insights: The "ITB" Season Is Upon Us](#)
- [Popular Treatment Offers: Blood Flow Restriction Following Knee Meniscus Injury](#)
- [Case Study: The Marathon Runner's Calf Conundrum](#)

Industry Trends & Local Insights

The “ITB” Season Is Upon Us



We've recently noticed a significant increase in runners hitting the pavements. While it's fantastic to see so many people out getting in the fresh air, this time of year often brings a rise in specific injuries. We're seeing a number of clients experiencing issues related to [iliotibial \(ITB\) band syndrome](#) and other overuse injuries. This is often caused by runners increasing their mileage or intensity too quickly without allowing their bodies to adapt. Remember to build up your training gradually to avoid injury and make the most of the good running conditions.

Popular Treatment Offers

Blood Flow Restriction Following Knee Meniscus Injury



At our Bank Clinic, we're always looking for innovative and effective treatments to help our patients recover. Recently, we've seen a growing interest in [Blood Flow Restriction \(BFR\)](#) therapy, particularly for patients recovering from [knee meniscus injuries](#). BFR involves using a specialised cuff to safely reduce blood flow to a limb during exercise. This allows patients to build strength and muscle mass with much lighter loads, reducing stress on the healing joint. It's a fantastic tool for accelerating recovery and helping patients return to their activities sooner.

Case Study

The Marathon Runner's Calf Conundrum



We recently worked with a 42-year-old seasoned marathon runner who was 10 weeks into their training for the Berlin Marathon. They came to us with persistent left calf pain that initially presented as cramping but would recur with every run, despite periods of rest.

Upon assessment, we identified a fatigue-related calf strain. However, the key to successful treatment was understanding the root cause. A biomechanical analysis revealed that an old ankle sprain had led to an underpowered right leg. This was causing a compensatory overload on the left calf, leading to the recurring strain.

This case is a powerful reminder that at Ultra Sports Clinic, we focus on identifying and addressing the underlying causes of an injury, not just treating the symptoms. Our management plan included:

- **Active Rest:** The athlete was able to maintain their fitness through cycling.
- **Load Modification:** We adjusted their training plan to reduce the strain on the calf.
- **Pacing Strategies:** We worked with the runner to develop a realistic and modified [target for their marathon](#), ensuring they could still compete safely.

Our approach is designed to [support runners](#) in achieving their ambitions while protecting their long-term performance and health. By looking at the bigger picture of biomechanics and training load, we can keep you on track for your goals.

Contact Ultra Sports Clinic Today



Whether you're dealing with a stubborn injury or want to optimise your health, our team at [Ultra Sports Clinic](#) Bank is here to help you achieve your goals. To [book an appointment](#), please [get in touch](#) with our reception team.