



Melbourne Systema News

August 2009

Volume 1, Number 1

In This Issue

- Welcome
- Bigger and better
- Injury warning signs
- Call out to all budding writers

Contact Us

www.melbournesystema.com.au
adam@melbournesystema.com.au

Welcome

Hi guys and welcome to our first newsletter. **Melbourne Systema News** will keep you up to date with what's happening at the school as well as various articles to help you improve your training.

Bigger and better

I am happy to announce that Melbourne Systema will soon be moving from Moonee Ponds to a bigger and better location in Coburg. This will be a fulltime location for the school (no more taking out tables and putting down of mats) and will allow me to offer more classes. At this stage the move is scheduled for October 2009.

To coincide with the move I will be introducing a new curriculum and progress appraisal. Both the curriculum and progress appraisal have been designed to guide you in the development of your training. They lay out the progression of the fundamental concepts found in Systema and gives you an expected time frame to measure your development.

Injury warning signs

There are some common tip-offs you should recognise as warning signs that you have an injury that needs your attention. While some injuries are immediately evident, others can creep up slowly and progressively get worse. If you don't pay attention to both types of injuries, chronic problems can develop.

Don't Ignore These Injury Warning Signs

- **Joint Pain**
Joint pain, particularly in the joints of the knee, ankle, elbow and wrist, should never be ignored. Because these joints are not covered by muscle, pain here is rarely of muscular origin. Joint pain that lasts more than 48 hours requires a health care

professional's diagnosis.

- **Tenderness at a Specific Point**

If you can elicit pain at a specific point in a bone, muscle or joint, by pressing your finger into it, you may have a significant injury. If the same spot on the other side of the body does not produce the same pain, you should probably see a health care professional.

- **Swelling**

Nearly all sports injuries cause swelling. Swelling is usually quite obvious and can be seen, but occasionally you may just feel as though something is swollen even though it looks normal. Swelling usually goes hand-in-hand with pain, redness and heat. Swelling within a joint often causes pain, stiffness, and may produce a clicking sound as the tendons snap over one another after having been pushed into a new position from the swelling.

- **Reduced Range of Motion**

If swelling isn't obvious, you can usually find it by checking for a reduced range of motion in a joint. If there is significant swelling within a joint, you will lose range of motion -- the limb will only go so far in each direction. Again, compare one side of the body with the other to identify major differences; if there are any, you likely have an injury that needs attention.

- **Comparative Weakness**

Comparing one side to the other for weakness is often hard to do, but can be helpful when assessing an injury. One way to tell is to lift the same weight with the right and left side and look at the result. Or try to place body weight on one leg and then the other. A difference in your ability to support your weight is another tip-off to an injury that requires attention.

- **Numbness and Tingling**

Never ignore numbness or tingling. Such sensations are often related to nerve compression, and these warning signs may indicate serious injury that should always be seen by your health care professional.

In the next issue we will compare acute and chronic injuries.

Call out to all budding writers

Melbourne Systema News is looking for budding writers to contribute. If you have any stories or training insights you would like to share with us all please feel free to email me. Also if there are any topics you would like covered please also let me know.