

Feel Great!

PREMIERPHYSIO NEWSLETTER | APRIL 2026

Run, Rest, Recover and Repeat



April is the month of marathons, with the London marathon taking place this year on 26th it is anticipated that 35,000 runners are expected to take part.

Therefore, in this edition of Feel Great! we thought we'd share some information on the most common running injuries and how they are caused.

Achilles Tendinopathy – pain and swelling in the tendon, just above the heel, caused by tight calves and high-impact training.

Shin Splints – (Medial Tibial Stress Syndrome) pain in the front, or inner, lower leg, caused by increasing exercise too quickly.

Runner's Knee – pain around the knee cap, caused by overtraining.

Plantar Fasciitis – pain in the heel or bottom of the foot, worse first thing in the morning, caused by various factors, such as increased intensity, too quickly and unsupportive footwear.

Stress Fractures – Tiny cracks in the foot, or shin, caused by repetitive and high intensity exercise.

We have treated hundreds of runners here at PremierPhysio, recover faster, to keep them training and enjoying the sport they love.

So whether you're just starting out, or are a seasoned runner and would like to know more, please drop us a message, so that we can answer any questions you may have and see which treatment is right for you.

What's inside



Meet the Team

Exercise of the Month

Running - It's a State of Mind

Easter Egg-tivities

Visit our website for all
of our services
www.premierphysio.com



Meet the Team

Lisa Ferrabee – Front desk



I joined PremierPhysio in January 2026 after over 20 years of working as an Administrator in a primary school. Since then, I've been so happy to be part of such a warm, welcoming team where everyone contributes to a positive and friendly environment.

I love being actively involved in our clients' journeys, supporting them as they work towards their health and wellness goals. It's easy to see why our clients keep coming back, and I'm committed to providing the best possible support to everyone who walks through our doors.

Outside of work, I enjoy Pilates, dancing, walking, travelling, and spending quality time with my family and friends.



Exercise of the Month

Single leg Romanian Dead Lift

Single-leg RDLs (Romanian deadlifts) are great for runners because they strengthen the glutes and hamstrings, improve balance and hip stability, and train the body one leg at a time — just like running.

They help runners produce stronger push-offs, maintain better running form, and reduce the risk of injuries like Hamstring Strain and Iliotibial Band Syndrome.

Q How often? **A** Twice a week

Q How many reps? **A** 10-12





Meet Our Clients ... It's a State of Mind



This month, one of our regular clients, Phil, has told us all about his marathon experiences, how he trains and how he has the stamina to keep going! We were exhausted just thinking about it! So if you'd like some running inspiration, read on...

“ I took part in the Delamere marathon(26) back end of 2025 in November and recently the ARC 25 utmb which was down in Cornwall along the coast. Was 25 miles but was told they extended it so it was a full marathon(26). I have two ultras coming up Sandstone ultra 34 is now 32 miles and the Tittsworth ultra which is 31 miles. Then two marathons later in the year in November. I will look do a couple more if I hopefully stay injury free. I will then look at 2027 50 mile ultras more marathons and building up to 100 mile ultras. But see how 2026 goes first.

What makes me want to take part in marathons is running is something I have always done for years and years and years. It's only recently I decided to sign up to events rather than just run where I live. But Being a former Royal Marines Commando it's embedded into you to run to train and it became a huge part of my everyday life to be as physically fit as possible.

Running for me is simple it's basic, but also the most physically, emotionally and mentally demanding form of fitness you can do. It challenges all of them and it can asks questions about yourself especially when things start to get challenging start to get hard and it can humble you.

The benefits for me are it's keeping me active and keeping me fit. I don't really worry about what I eat, which is good.

Being a bit older now I tend to listen to my body. It could be once or up to four times a week I train. That's what I'd say to anyone training for a marathon or running in general . Listen to your body. Have a plan, but don't let it bother you if you can't get out for a run, not all plans go smoothly all the time. Get elevation in your runs not just flats. Train your legs to build strength in them i.e. weights squats lunges etc. Consistently get out and put the miles on the legs, not every run has to be miles just get out and run. It's a huge head game. But believe you can do it and you will do it. If you've got to walk, walk, just don't stop moving. Be prepared that it will be uncomfortable, it will be hard and it will test you and push you.

I definitely find regular massages helpful and beneficial. The release of the aches, the knots and the soreness/stiffness helps just loosen everything up. And definitely helps me to keep running. I get my massage from Lisa at PremierPhysio and I can't complain. She's great at what she does, and it helps me a lot to keep adding the miles. One of the best decisions I made. Your health is so important.





If you would like to join a running club, then PACE may be the club for you. It is free to attend and they usually meet up twice a week at Esposito's in Runcorn (Heath Park) every Thursday at 6.30pm, and Sunday 9.30am. If you would like more information please contact Sophie, who runs the club, along with her partner, on Instagram [@pace_run24](https://www.instagram.com/pace_run24), or sophtrue@hotmail.com



EASTER Egg-tivities!

Want fun ways of working off the chocolate eggs and hot cross buns this Easter, whilst having a great time with the family? Then here are some activities you can do;-

Easter egg hunt with a difference...place a note inside/attached to the egg with a physical activity, such as 10 bunny hops, or 5 star jumps, the activity must be completed before they are allowed to claim the egg.

Set up a mini assault course in the garden, and incorporate games such as the egg and spoon race, or throw plastic eggs into a bucket and see who can get the most in.

Get out in nature and give the little ones an A4 piece of paper with photos of various trees/flowers and creatures to spot, tick each one off as they go.



Our opening hours over Easter

We are closed Good Friday 3rd April and Easter Monday 6th April. Please note we are open as usual on Saturday 4th April should you wish to make an appointment.

Written by Sharon Carey