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WINTER NEWSLETTER

As we find ourselves in the heart of winter, this season has brought plenty of rain cancelling many weekend sports and making it challenging for people to stay active outdoors. It's the perfect time to embrace the season's magic indoors with some tips for maintaining your mental and physical health. We hope our newsletter brings a little extra joy and warmth to your winter!

- ✓ The Ultimate Guide to Sauna Use: Ideal Practices and Benefits
- ✓ Cold Immersion Therapy and Breathing Retraining: A Powerful Combination



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THE ULTIMATE GUIDE TO SAUNA AND HOT BATH USE: IDEAL PRACTICES AND BENEFITS

We have expanded on this topic with our blog post [here](#)

There have been several studies conducted over the years that have illustrated the many potential health benefits from regular heat related therapy. Although there are some differences between the research of hot baths versus saunas, we have combined the potential benefits below as many of them overlap.

Cardiovascular Health: a reduced risk of sudden cardiac death, coronary heart disease, and all-cause mortality

Improved Circulation: Heat exposure in a sauna causes blood vessels to dilate, improving circulation.

Muscle Recovery: Saunas can aid in muscle recovery post-exercise by increasing blood flow to muscles, reducing muscle soreness, and promoting relaxation.

Reduction in Dementia Rates: Remarkably, frequent sauna use has also been linked to a lower risk of dementia. A long-term study published in Age and Ageing found that people who used a sauna 4-7 times per week had a 66% lower risk of developing dementia and a 65% lower risk of developing Alzheimer's disease compared to those who used a sauna once per week. The study suggested that the benefits could be attributed to improved cardiovascular health, enhanced relaxation, and better sleep patterns associated with regular sauna use (Laukkanen et al., 2017).

IDEAL TEMPERATURE FOR SAUNA USE

To reap the maximum benefits from sauna sessions, it's essential to maintain the right temperature and duration. There are two main types of saunas: traditional saunas and infrared saunas, each with different temperature recommendations.

Traditional Sauna: The optimal temperature for a traditional sauna is typically between 70-90°C (158-194°F). This range is hot enough to induce the desired physiological responses without being dangerously high.

Infrared Sauna: Infrared saunas operate at lower temperatures, typically between 50-60°C (122-140°F). Despite the lower temperatures, infrared saunas penetrate the body more deeply, inducing sweating and other benefits at these milder heat levels.

IDEAL TEMPERATURE FOR HOT BATHS

Temperature: The recommended temperature for hot baths is typically between 38-42°C (100-108°F). This range is warm enough to induce beneficial physiological responses without causing overheating or discomfort.

COMMON RECOMMENDATIONS FOR DURATION AND FREQUENCY OF HOT BATHS AND SAUNAS

Duration: The ideal duration for a hot bath or sauna session is 15-20 minutes for both traditional and infrared saunas. This timeframe is sufficient to promote sweating, enhance circulation, and relax muscles without overstressing the body. Once adjusted, most people can go up to 40 mins without any issues.

Frequency: For most individuals, 2-3 hot baths/sauna sessions per week are recommended. This frequency allows the body to recover between sessions while still enjoying the cumulative benefits of regular sauna use.

For more details along with the research used feel free to click on the link here to our blog post.



WHAT ABOUT THOSE THAT LOVE THE COLD?

We have expanded on this topic with our blog post [here](#).

COLD IMMERSION THERAPY AND BREATHING RETRAINING: A POWERFUL COMBINATION

Part 1: What happens to the body with cold immersion and breathing retraining

Optimal Temperature and Time for Ice Baths : To maximise the benefits of cold immersion therapy, it's important to adhere to the recommended temperature and duration:

Temperature: The ideal temperature for an ice bath is between 10-15°C (50-59°F). This range is cold enough to trigger the body's beneficial responses without posing a significant risk of hypothermia. Experienced ice bath users can go lower, however, **gym lovers** beware as extreme low temperature decreases the length of time you are able to stay in the water and reduces the breathing potential benefits.

Time: The optimal duration for an ice bath is 10-15 minutes. This time frame allows for sufficient exposure to the cold to achieve the desired effects on muscle recovery and nervous system without overtaxing the body.

DON'T HAVE ACCESS TO AN ICE BATH?

Although the evidence isn't as strong as the water likely won't be as cold, try a cold shower or the ocean during winter!

SOME OF THE KEY BENEFITS OF COLD IMMERSION?

- 1. Enhanced Nervous System Regulation:** Cold immersion activates the sympathetic nervous system, which helps in building resilience and stress tolerance.
- 2. Improved Mental Focus and Calmness:** The shock of cold immersion requires immediate mental focus, helping to quiet the mind and reduce extraneous thought activity.
- 3. Stress Reduction and Emotional Resilience:** The combined practice of cold immersion and breathing retraining helps to reduce cortisol levels and increase the production of endorphins, leading to lower stress levels and enhanced mood.



WHAT BREATHING TECHNIQUES CAN YOU USE DURING YOUR COLD IMMERSION THERAPY

PART ONE: INITIAL RESPONSE

Inspiratory Gasp and Hyperventilation:

The initial shock of cold water immersion often causes an involuntary gasp followed by rapid breathing (Tipton, 1989). This can take 1-2mins on average before your deeper breathing will start to naturally subside.



PART TWO: MODIFIED BOX BREATHING

Once this has occurred, we recommend a form of box breathing. The standard box breathing technique is: 4 seconds for inhalation, 4 seconds for post inhalation pause, 4 seconds for exhalation, 4 seconds for post exhalation pause. However we suggest using the below which doesn't focus on time, but on feeling your breath. We all have different sensitivities to breathing and we all have different lung volumes so to have fixed time frames often can create anxiety for some people unnecessarily.

- ▶ Inhale: As slow and as big as you feel possible/comfortable
- ▶ Inhale pause: Hold your breath as long as you feel possible/comfortable
- ▶ Exhale: As slow and as long as you feel possible/comfortable
- ▶ Exhale pause: Hold your breath as long as you feel possible/comfortable

This is great for helping to calm your mind and reduce your heart rate. This can be performed for 2-5 minutes.

PART 3: BELLY/DIAPHRAGMATIC BREATHING

Once you have settled mind and body with the modified box breathing, it is great to switch over to diaphragmatic breathing. This is where you can really maximise the parasympathetic system while calming the mind and body. Some key techniques to remember with this technique are:

- ▶ Use very little to no chest movement during your breath in
- ▶ Let your belly expand as you breath in
- ▶ Have little to no pause after your breath in
- ▶ Try and take a slower and longer breath out than your breath in
- ▶ Try and have a natural pause after your breath out as long as you are comfortable

This should occur for 3-10mins

MEMBER PROGRAM

We have also been looking for the right balance to reward our awesome patients who spread the word of our clinic and recommend our clinic to friends and family. We will look to expand the program as the years go on, but for now two great benefits for every member will begin.

MEMBER BENEFITS:

FIRST REWARD:

\$20 added to your account for every new patient that you refer to us that attends our clinic. This will be added to your account and can be used at your next consultation.

- ✓ E.g. 1 new patient equals \$20
- ✓ The new patient needs to mention your name at their initial consult
- ✓ The new patient can allocate the bonus to only one person
- ✓ E.g. 5 new patients that you recommend equals \$100 added to your account.

SECOND REWARD:

- ✓ The second benefit is a 10% discount off all products in our clinic as standard.
- ✓ Just mention the newsletter to our team when purchasing your products

WHAT IS NEEDED TO BE A MEMBER?

- ✓ Simply read our newsletters (only 4 per year) and that is it! **Nothing else is needed**

WHAT IS NEEDED TO OPT OUT?

- ✓ Simply email us or unsubscribe from the email and we will remove you from our program and the benefits that are included



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