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**Sent:** Thursday, 1 November 2012 1:37 PM  
**To:** Steve  
**Subject:** PHYSIO4ALL E-News: Have You Been Stitched?!

Learn How to Treat a Stitch!! PLUS Special Offer - 10% OFF Fit-Bioceuticals Ultra Muscleeze!!!

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## PHYSIO4ALL E-News

### Have You Been Stitched?!

- *What is a stitch?*
- *How do you avoid recurrence or alleviate symptoms?*

#### 1. What is it?

Exercise-related transient abdominal pain (ETAP) or “stitch” is very common in runners and sports that involve running. The exact cause of a stitch is still being researched.

Possible causes are:

- Increased pressure on the liver or spleen
- Diaphragmatic Ischaemia (decreased blood flow to the diaphragm)
- Referral from the thoracic spine
- Irritation of the parietal peritoneum (lining of the abdominal and pelvic cavities)



Some athletes also report a pain in the tip of their shoulder blade. This is believed to be because this is a referred site of pain for the diaphragm via the phrenic nerve.

## 2. How to Avoid Recurrence or Alleviate Symptoms

- Don't overload on food or water before you exercise.
- Warm up properly
- Gradually increase exercise intensity when running
- Breathe with full exhalation - don't take short breaths



Not sure if what you are experiencing is a stitch? Consult one of our physiotherapists for an accurate diagnosis! Just call us on **992222121**



Check out our latest YouTube video: [Physiotherapy North Sydney: Exercise for Shoulder Pain No.3](#)

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### PHYSIO4ALL ANNOUNCEMENTS

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Download the following voucher to receive **10% OFF** a Fit-Bioceuticals **Ultra Muscleze!**



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