

FROM THE **SOLE**

Tips to keep you running at your best



intraining
running injury clinic

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Podiatry

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REDUCE THE IMPACT ON YOUR KNEES

by Doug James – Physiotherapist and Podiatrist, intraining Running Injury Clinic

Optimal running performance requires a balance of strength and flexibility. Excessively tight muscles can negatively impact your ability to absorb shock while running and may increase your risk of injury. The quadriceps muscles found on the front of your thigh are prone to tightness from prolonged sitting, but may also be over worked while running.

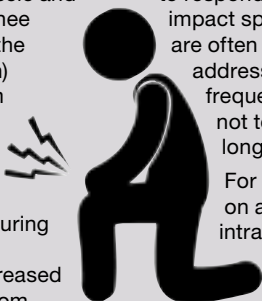
A thorough stretching session after you run can help prevent the muscle becoming tight. While standing, pull your foot towards your backside and hold for 30 seconds on each side. Research has shown using a foam roller to massage your muscles after exercise help to reduce soreness, and may lead to improved flexibility. To do this, place a foam roller on the floor and lay on top of it with your thigh resting on it. While in a push up position, allow your bodyweight to rest on the roller and gently roll backwards and forwards. Alter your position slightly to massage different parts of the muscle. Repeat for about 1 minute, 3-4x on each leg.



JUVENILE KNEE PAIN

by Doug James – Physiotherapist and Podiatrist, intraining Running Injury Clinic

Knee pain in pre-teens can be due to one or two growth related injuries. These injuries usually affect active boys between 10-14 years old (and girls at a slightly younger age) particularly in the weeks and months following a major growth phase. During the growth phase, the femur (thigh bone) lengthens at a rate faster than the quadriceps (thigh muscles) resulting in increased tension in the muscle and tendons above and below the patella (knee cap). The patella tendon attaches from the lower part of the patella to the tibia (shin) and experiences increased tension from quadriceps pulling the patella upwards. The attachment sites at either end of the patella tendon are often more susceptible to injury during growth phases as they tend to become softer during the final phase of growth. The sites can become tender and inflamed due to increased tension from the quadriceps, but also from high impact exercise (such as running and jumping sport), or from contact.



When diagnosing juvenile knee pain, it is important to accurately identify the site of pain to determine which structure is injured. Where pain is felt at the tibial end of the patella tendon, the injury is known as Osgood Schlatter Syndrome. Conversely, injury distal point of the patella is known as Sinding Larsen Johansson Syndrome. Both of these injuries tend to respond well to ice packs, and rest from high impact sport as the first step of treatment. There are often a number of factors that need to be addressed including flexibility, strength, training frequency, and footwear. Care should be taken not to ignore the symptoms of these injuries as longer term consequences may occur.

For an assessment and treatment advice on any juvenile injuries please contact the intraining running injury clinic on 3367 3088 for an appointment with a Physiotherapist or Podiatrist.

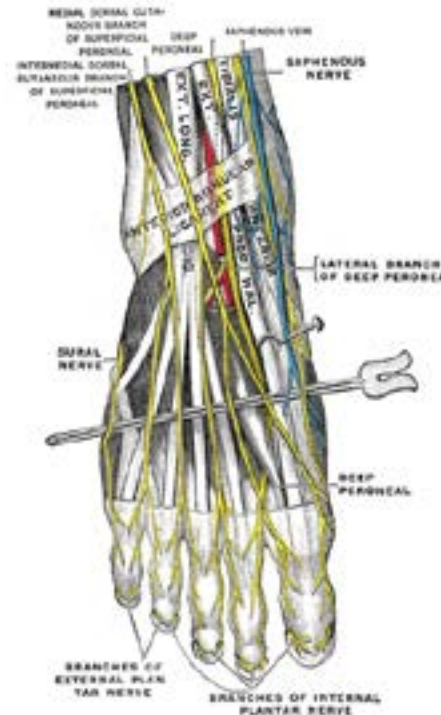
NEURITIS OF THE FOOT

by Margot Manning - Coach & Podiatrist

Are you experiencing unusual sensations in your feet such as pins and needles, numbness, a burning pain or the sensation of a rock inside your shoe? If so, there is a good chance that you have developed a case of neuritis. Neuritis of the forefoot is where the nerves between the long bones (the metatarsals) become irritated from increased pressure. The symptoms tend to start later in the run and may go as soon as you take your shoes off.

CAUSES OF NEURITIS

The most common cause of neuritis of the Forefoot is from shoes that are too tight. This could be from across the width of the shoe, the length and even the depth of the shoe. As the foot exercises for a longer period of time normal swelling will occur due to increased blood flow. If the shoe does not have enough space to accommodate the enlarged foot, the nerves become entrapped and cause pain. If the foot is quite flexible the small arch that goes across the foot (the transverse arch) from the 1st joint to the 5th flattens to create increased splaying of the toes. This can be harder to identify as it is not until the foot is fully loaded with running or walking that this splaying becomes visible. Repetitive loading of the transverse arch with the long runs of marathon training can contribute to neuritis. This may not present until the very late stages of a long run or even in the marathon itself.



FITTING SHOES TO PREVENT THE PAIN

Ensuring you have the correct fit with room for the foot to expand should prevent these symptoms from occurring. Most shoes are shaped to have a tapered and slightly rounded toe box, but if a foot is not this shape then it is going to be put under pressure in areas that it is not used to. Typical variations in foot shape that can lead to neuritis include wide or square shaped feet, bunions, long second toes, high arches, and very flexible feet. More care is required when fitting a shoe to these foot types and luckily there now is a good range of shoe shape designs and widths to accommodate them.

For bunions, many shoes now are seamless across from the big toe joint to the 5th toe joint. Some shoes have offset the lacing path to alter the line of tension while deeper toe box designs have become a more traditional to allow for more toe room. For the high arched foot, a shoe with increased depth through the laced area is important.

MODIFYING THE SHOES TO SUIT

When a perfect fit can not be found or a shoe has been worn for a while and can't be returned, there are ways to modify the shoe.



Injured or have niggles that won't go?
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WHY PAIN IS YOUR FRIEND

by Steve Manning - Podiatrist, Coach & Runner

You should not be trying to ignore pain but instead should be embracing it. Pain tells you when you are pushing enough and when you are pushing too hard. Pain is the leveller. It is your companion on a run and after a hard effort. Pain keeps you on track to achieve your goals and lets you know when they are unrealistic. Pain is not your enemy but is your friend. When people first start running every step is an effort that requires focus to keep running with the pain. After a few weeks of regular running, suddenly they find it no longer hurts to run and the absence of pain lets them know their running has moved to a new level. It gives them the confidence that better times are ahead.

When you are running hard in a speed session or race the level of pain you are experiencing at different stages of the run helps you keep on a pace that you know you can maintain. The most even pace you can run will give you the best potential

result. Your sensation of comfort or distress is the cue that you are running at your best potential pace.

One research study was looking at the effect of NSAIDs on training adaptation. They had their subjects run fast downhill which created a lot of delayed onset muscles soreness (DOMS). Half of the group was given pain medication for a few days after the run. A few weeks later they did the same downhill running session. What they found was that the runners who had taken the NSAIDs had more pain after the second session than the runners who just suffered with the pain of the hard training. The conclusion was that pain was a required variable in the adaptation of the muscle to be able to cope with the stress. By taking the pain relief medication the muscle adaptation was disrupted and compromised.

NUTRITION FOR THE WARWICK PENTATHLON

by Liz Lovering, sports dietitian, runner, chef and coach

A key fuel when running at high intensity (i.e. racing) is carbohydrate (glucose). Unless used immediately glucose is stored as glycogen in muscles and the liver until required. Carbohydrate can be found in many foods including grain and cereal products, fruit, starchy vegetables such as potato, sweet potato or corn, legumes (beans), or milk and yoghurt. Also in anything that tastes sweet such as honey, jam, sugar and sports products such as bars, gels, drinks etc. We cannot store unlimited amounts of glycogen so runners need to have adequate fuel available.

Warwick Pentathrun comprises 5 races run over 2 days totalling a marathon distance. Your nutrition is very important. Here are my tips as a dietitian and runner who has completed 11 Pentathruns:

TAKE FOOD AND DRINKS WITH YOU FOR SNACKS AND PRE-EVENT BREAKFAST.

FRIDAY NIGHT: include carbohydrate at dinner so you can store some glycogen.

SATURDAY: Pre-event: don't try anything new. Stick to your usual food choices.

HALF MARATHON: gels or sports drink taken during the half will help spare muscle glycogen. (Remember you are running two more times today). Take advantage of the breakfast provided at the end as soon as you finish. You need adequate time for digestion before the next event.

CROSS COUNTRY: have a light recovery snack as soon as you finish. Take it with you or find a café in town. If you think you can tolerate it and have time, a sandwich, or maybe yoghurt and fruit. If time gets tight I suggest liquids. A dairy smoothie or flavoured milk will give you a nice mix of carbohydrate and protein.

5 KM ROAD RACE: starts and finishes from a pub. If you plan on hanging around afterwards a recovery snack would be a good idea.

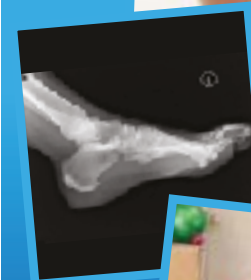
SATURDAY NIGHT: dinner is your recovery meal and should contain a mix of protein and carbohydrate.

SUNDAY: Pre-event: stick to your usual routine.

10KM ASCENT: breakfast is provided at the finish area so take advantage of this to refuel for your last event. You can buy hot drinks too.

1500M: once you finish the 1500m, get something to eat. There are many options, local cafes or a BBQ is usually set up at the start/finish area.

Hope to see you there!



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