

FROM THE SOLE

Tips to keep you running at your best



intraining

running injury clinic

Podiatry

Physiotherapy

Dietitian

Massage

Pilates

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PELVIC FLOOR STRENGTHENING

A good way to practice Pelvic Floor strengthening exercises is when you are laying on your back with your knees bent up. Remember to continue normal, relaxed breathing. To engage the muscles in your pelvic floor, think about trying to stop yourself from urinating. By slowly and gently tightening the muscles need to do this, you will be helping to strengthen your Pelvic Floor.

Perform 8 repetitions of this exercise then have a 30 second rest. Repeat this a further 2 more times (for a total of 24 repetitions).

This exercise should be done twice per day for maximum improvement, and after some practice, try the exercise when standing, sitting, or walking to increase the difficulty.

READ FULL ARTICLE



By Doug James (Physiotherapist & Podiatrist)

KIDS

The temptation when purchasing children's and teenager's shoes is to allow for growing room. While this appears more cost effective at the time, the extra room in the shoes could lead to unwanted movement and the development of injuries. The purpose of a well fitted shoe is to grab the foot firmly so that the two units (foot & shoe) move together as one piece. When there is a mismatch in shape or size, the muscles and tendons required to 'control' the movement will fatigue sooner. Primary school children's running shoes do not usually have half sizes. This does mean that often they need to go to a larger than ideal shoe fitting. In this situation a more shapely insole, or added padding to the existing insole can work well to fill out the shoe. A heat mouldable insole (not an orthotic) can customise

CHILDREN'S FEET AND THE SHOE FIT

the shoe even further to suit the varying shapes and sizes that children and teenagers feet present. The retail staff at intraining can help with shoe fitting and customising the shoe with insoles, but if you are a little more concerned about your children's feet, make a booking to see one of the podiatrists.



By Margot Manning (Podiatrist & Coach)

NUTRITION

It is well known that dairy products are a good source of calcium, (essential for bones and teeth), but dairy also provides other nutrients such as the electrolytes potassium and sodium which both help with rehydration. Sodium? Yes, it's true; milk naturally contains sodium in amounts similar to most sports drinks. Dairy is also a significant source of high quality protein as it contains all the essential amino acids (those that cannot be made by the body).

So where does this all fit in with the runner? Milk is now being referred to as 'Nature's Sports Drink'. While water and sports drinks are great during running, a low fat flavoured milk makes a great recovery fluid. For example, a low fat flavoured milk provides fluid, as well as sodium and potassium to help rehydrate, carbohydrate to help refuel and protein to help repair any muscle damage. It is also a cost effective choice which is readily available.

DAIRY AND SPORT



By Liz Lovering (Dietitian & Coach)

FOOT TIP



There are many valid reasons why it may be necessary to pull out of a race. However blistering should not be one of them. There are many products on the market that can be used to prevent blistering and chafing. They work by having a barrier between your skin and the shoe. They are made of silicon or wax to reduce friction and prevent heat that leads to blisters. In some cases even this is not enough and you need to supplement it with special socks like injinji toe socks. A better fitting shoe and even orthotics may be necessary to prevent injuries in tough cases. Do not ever feel like your blisters are not preventable. Book in to see the podiatrists at the intraining Running Injury Clinic if blisters are holding you back.

BLISTERING

By Steve Manning (Podiatrist & Coach)

FUN FACT

**Think you've got a strong core?
How long can you hold a plank for? The world record was set in 2014 with a time of 4 hours and 26 minutes!**



COACHING

Suffering an injury or niggle can often seem like the end of the world – particularly if you're unable to run. However, it's a great opportunity to focus on rehabilitation and diversify your training. Most injuries will allow you to maintain your fitness with other forms of exercise, which reduce the load on your legs and feet, but still provide a great cardio or strength workout.

Popular cross training activities include pilates, swimming, cycling and deep water running – each with particular benefits and potential drawbacks.



Pilates

Pilates is fantastic for developing core strength, and improving proprioception and stability

around the ankles, knees and hips. Some of the exercises performed will involve weight-bearing and might be difficult with certain injuries, but in most cases it's a great form of injury rehabilitation. You can still get a good workout from pilates, but it doesn't offer the same cardio benefits as running.



Swimming

Many runners are not comfortable or confident in the pool, but there are many benefits to taking the

plunge and swimming a couple of laps. Regardless of your speed or technique, swimming is great for cardiovascular fitness, breathing, core strength and co-ordination. In some cases you'll need to use a pull bouy (majority of lower limb injuries depending on severity), avoid using flippers (calf/Achilles injuries) or pushing off the wall (calf/Achilles, knee and hip injuries). Being a non weight-bearing activity, most injuries will allow you to do some swimming, and the resistance provided by the water means

CROSS TRAINING

that you get a great workout.



Deep Water Running

If you're unable to weight-bare, but not confident swimming laps, then deep

water running is a great alternative. You wear a flotation belt around your waist and 'run' in the water. Moving both your arms and legs against the resistance of the water provides a great cardiovascular workout and is great for core strength – it's much more challenging than it looks. You can also follow the structure of your conventional running training by incorporating intervals and 'speedwork'. Although the setting is completely different, there are a lot of similarities between deep water running and conventional running. Incorporating it into your cross training and injury rehabilitation can often make the transition back to running much easier. You should be cautious with certain injuries where range of movement, or resistance creates issues.



Cycling

Although there's a small degree of weight-baring involved, cycling is low impact and another great

alternative to running. It requires only concentric muscle contractions and thus is much easier on the body. Again similarly to running, you can incorporate intervals and hills to add variety and increase the difficulty of your workouts. Injuries that require complete off-loading and non weight-baring (eg. some stress fractures) should avoid cycling, at least in the initial phases of the injury.

By Emily Donker (Podiatrist & Coach)

MASSAGE



"Runners Need Massage"

Running places your muscles under enormous tension and can leave your muscles tight, with adhesions or maybe containing trigger points that need releasing. A regular massage can relieve these symptoms and restore your muscles to a supple and optimal condition. This can help keep you injury free, help to maximise your performance and can facilitate healing of an existing injury. Massage is also able to assist with the treatment of postural conditions that are causing pain or injury. Tight hamstrings, hip flexors or lower back muscles can cause postural dysfunction which not only causes pain or discomfort but will also have a negative effect on your running. A massage therapist can assist with these problems and in helping you create a plan of massage and stretching to keep you running at your best.

Linda Watson has had over a decade of experience of coaching and working with hundreds of runners and is now available for massage therapy at intraining.

Linda Watson

WHATS ON?

Love 2 Run, Love 2 Eat Monthly Cookery

Come along to intraining Milton and learn how to make some delicious healthy meals perfect for the runner. As a fully qualified chef with extensive experience in restaurants and private residences Liz has the ability to teach you how to modify recipes to suit your personal preferences. A variety of themes are planned, and there will be the opportunity for taste testing and copies of recipes to take home.



EASTER HOLIDAY PROGRAM

Looking for something a little different for your children to do over the Easter School Holidays?

Why not sign them up for a fun, hands on Cookery Workshop where they can learn how to prepare some delicious recipes with Liz, intraining dietitian, runner and chef.

This workshop is for ages 10 to 15 years and will have an Italian theme
Where: Milton. When: Friday 17th April from 2pm until 3.30pm. Cost: \$25 per child.

Places are limited, so to secure a place please contact our Milton store on 3367 3088. Payment can be made at time of booking.

Demonstrations with intraining dietitian, Liz Lovering.

BALANCE, CORE & SPORTS REHAB STUDIO

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Call or email to book an appointment

Ph: 3367 3088 | Email: clinic@intraining.com.au

www.intraining.com.au

Podiatry and Physiotherapy appointments

also available at Indooroopilly Shopping Centre (intraining located on 3rd Level)