

FROM THE SOLE

Tips to keep you running at your best



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COACHING POST RACE RECOVERY

Hard races can be the best training for improving performance as long as you have adequate recovery. It takes roughly a week to recover for every 10km run, or more if it was hot conditions or if you went out too fast and hit the wall. The extreme effort can cause physiological damage that can lead to muscle soreness and if ignored even injury. Complete rest is not a good idea as the damage to your muscles can become more entrenched if you do not use them. What is needed is a period of easier running where you cut back on your distance and the speed you are running. You can have a few days off if you are really sore like after a marathon but then you should get back to your regular routine of sessions ASAP. You can even do speedwork as long as you run easier than you are able to run. One mistake people make is that they feel really motivated after a great race and are tempted to push it too hard too soon. This can increase your injury risk but also can lead to detraining where you become less fit because of inadequate recovery. This compromises your future performances and the benefits of the hard race and the hard training are wasted. By giving your body the active recovery it needs you can go on to even better performances in the future.

By Steve Manning
intraining Podiatrist and Coach



BROKEN TOES

By Emily Donker
intraining Podiatrist and running coach

A majority of fractures to the toe bones (phalanges) are uncomplicated and relatively simple to resolve. Fractures usually result from sudden trauma or injury like stubbing your toe on furniture. Although more rare, stress fractures can develop in the phalanges also from prolonged excessive loading. Although they're small bones, fractures can be surprisingly uncomfortable and painful.

A lot of the treatments employed for fractures of larger bones are ineffective for the toes, so self-treatment strategies become much more important.

- Simple RICE methods involving rest and relative offloading, elevation, compression and regular icing are helpful, particularly in the first few days after the trauma
- Avoid tight and enclosed shoes to reduce direct pressure on the painful toe. Shoes should still be supportive such that additional force isn't transferred through the toes during walking
- Buddy taping the painful toe an adjacent toe creates a splint and is another helpful strategy to further offload the fractured bone
- Resting from aggravating activities and exercises is important, particularly in the first 2 weeks after the injury to ensure the fracture doesn't worsen.

X-ray evaluation at the time of the injury is helpful in determining prognosis, but most fractures will usually heal in approximately 6 weeks. In the case of more complex fractures where bone fragments have been displaced, slow or incomplete healing is more likely. In such cases, intervention may be required to to aid the recovery process and ensure proper resolution.

WHY IS A MARATHON 42.2KM?

The marathon gets its distance from the story of Pheidippides who during the Persian war ran from the battle of Marathon back to Athens to bring news of the Greeks victory. It is a distance of around 40km. For many years the distance varied until the 1908 Olympic Games in London when the distance was set at 42,195 Metres which was the distance from the start at Windsor castle to the finish in front of the Royal box at white City Stadium so the Royal family could see the start and finish of the race.



POST RACE NUTRITION

By Liz Lovering, APD, ASD

Nutrition plays an important role in post exercise recovery as food and drink choices after a race can help with the recovery process. Post-race nutrition should include fluids (to help rehydrate), carbohydrate (to replenish glycogen stores) and protein (to help repair any muscle damage and stimulate synthesis of new muscle). Consuming protein with carbohydrate increases the effect of post-exercise protein intake as well as helps to refuel muscle glycogen stores.

The body is most effective at replacing carbohydrate and promoting muscle repair and growth in the ~ 60-90 minutes after exercise so try to have something soon after exercise to help start the recovery process. Many everyday food selections can provide your body with the nutrients required. If it will be a while before your next meal consider having a snack. Some snack examples include fruit and dairy smoothie, cheese or tuna on crackers, meat and salad sandwich, cereal and milk.

Although dietary proteins are found in both animal and plant foods, proteins from animal sources (meat, poultry, fish, eggs and dairy) are often referred to as high quality proteins as they contain all the essential amino acids required by the body. The following recipe contains a mix of high quality protein and carbohydrate.

Tuna and Sweet Potato Patties Serves 4

Ingredients

- 300gm sweet potato (peeled and cubed)
- 425gm can of tuna in spring water (drained well)
- 1 large egg, lightly beaten
- 1 slice bread made into crumbs
- 1 tablespoon chopped coriander
- Juice of ½ a lime
- Pepper to taste
- A little flour for dusting
- Olive oil for frying

Method

- Steam the sweet potato until cooked
- Place in a large bowl and mash
- Mix in remaining ingredients and shape into 8 patties
- Dust patties lightly with flour
- Place a frying pan onto medium heat, add a little oil and panfry patties on both sides until golden brown and heated through.

Serving Suggestions and Tips

Delicious served hot or cold with a wedge of lemon or lime and a spoonful of natural yoghurt. Add a green leafy salad and some flat bread for a quick and tasty meal. For added carbohydrate (fuel) serve with cous cous or quinoa salad and some baby salad leaves. You can also swap the tuna for salmon.

Nutrition

Tuna is an excellent source of omega 3 fat (helps improve cholesterol levels, and has anti-inflammatory properties) and a good source of high quality protein (important for muscle recovery). Two patties contains approximately 21.4g protein, 3g fat, 14g carbohydrate and 770kJ (184 Calories).



PATELLA MALTRACKING

Firstly, it should be acknowledged that running is actually quite good for knees, and that at any age non-runners tend to have knee arthritis just as commonly as people who run. Irrespective of this, if you develop knee pain, it should be treated rather than ignored.

The patella (knee cap) is a pretty simple part of the human anatomy. It's a small triangular bone that sits at the front of the knee and helps the quadriceps (thigh) muscles straighten your leg by gliding the tendon over the front of the thigh bone. Despite being a seemingly simple joint, the knee is subject to a number of complex biomechanical and anatomical forces that can affect healthy, pain-free movement of the patella.

The quadriceps muscle's role is to contract (shorten) which pulls on the quadriceps and patella tendons. The patella is positioned between the quadriceps and patella tendons and when the quadriceps contract the tendons are tightened and the patella is elevated lifting the tibia forwards.

Without the patella, the quadriceps movement wouldn't be able to generate as much power, and the tendons would likely become frayed from rubbing on the femur. A healthy patella features a smooth cartilage lining allowing it to smoothly glide in a groove along the front of the femur. This groove allows the patella to track (move up and down) in a predictable manner. In order for the knee to fully bend and straighten (130°-140°), the patella requires a good amount of flexibility and available range-of-motion. As such, the patella only has a limited number of attachments to the surrounding bones leaving it vulnerable to problems with tracking. Incorrect tracking 'Mal-tracking' can lead to a number of injuries. Patellae mal-track for any number of reasons:

• **Anatomical factors** – shallow patella groove; large Q angle (angle from hip to knee); 'knock knees'; hypermobile

joints; tight ITB/lateral retinacula; femoral / tibial torsion (twisted); patella alta/baja (patella sitting in a high/low position); tilted/rotated patella; lateralised tibial tubercle.

• **Biomechanical factors** – any movement resulting in an internally (and sometimes externally) rotated knees; weak gluteal and/or medial quadriceps muscles; poor muscle awareness, control and/or endurance; pronated feet; incorrect footwear; poor running form (commonly from overstriding).

Patello-Femoral Pain Syndrome (PFPS)
Patello-Femoral Pain Syndrome is a broad term that refers to pain caused by contact between the Patella and Femur. It is usually painful when walking on stairs, or running. There are several different causes of PFPS, including over training and poor running form, however patella mal-tracking is frequently implicated. Management involves reducing the initial pain (using P.R.I.C.E.) and addressing the identified causes, which usually includes strengthening weak muscles (glutes/quads) and stretching tight structures (hamstrings, ITB, patella mobilisation). Strapping or using a brace on the knee can help, however the long term goal should be to strengthen the knee and supporting structures.

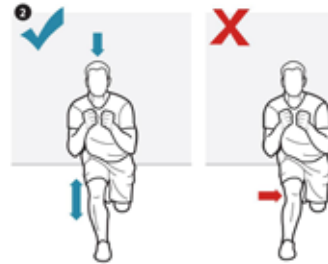
Chondro-Malacia Patellae (CMP)
Chondro-Malacia Patellae is a more serious complication of PFPS where the cartilage under the patella has softened and become damaged. CMP likely started as PFPS at some point and progressed to the point where the patella cartilage began to erode from uneven contact with the femur. CMP can develop beyond cartilage damage to a point where cysts develop in the bony part of the patella and/or femur....

[READ FULL ARTICLE](#)

By Doug James
intraining Podiatrist
and Physiotherapist

STRENGTH FOR RUNNERS - SINGLE LEG SQUAT

The single leg squat is a useful exercise for runners to improve knee strength and develop coordination between the hips and legs. Aim to do 8-10 in a row, and repeat for 3 sets. Single Leg Squats are often performed poorly due to insufficient baseline strength. Weakness in your gluteal (hip) muscles, quadriceps (thighs), should be addressed before attempting this exercise as it may worsen (or create) an injury.



Correct technique:

1. Stand in front of a mirror with your feet hip width apart.
2. Perform a couple of normal squats, keeping your hips level and knees pointing forwards (they shouldn't move in towards each other).
3. Lift one leg off the ground and slowly perform a single leg squat focussing on correct knee and hip position.
TIP: if trying this for the first time, try wearing shoes as it can help to stabilise your foot and make the exercise easier.

CORE FOR KIDS - WORKSHOPS

Term 2: April 6th, 13th, 20th

Our children have such busy schedules, with many playing multiple sports and often in a variety of teams. This means that they are usually doing high loads of training during a time when their bodies are growing and changing. The children can usually cope with this, but most of them will suffer from constant little niggles that are either growth related or actual sporting injuries. To help reduce the injuries and niggles, Core strength exercises, stretching and specific sports related drills should be included in their weekly routine. To achieve this can be very difficult for you as parents. Most of the sports they are involved in will incorporate an element, but there is usually not enough time to cover all three. While all elements are important, core strength is the one that can be overlooked due to the more targeted and 'slower' approach to exercise. (Children rarely go slow)

Developing core strength for kids, however, has implications in gaining better pelvic control and strength, along with improved spatial awareness (proprioception) that could potentially help at times of high training loads and growth. Teaching these exercises to children also encourages them to take control of their own body's responses, and then ownership in managing the sporting demands. What the children learn now is also valuable as they develop into adult athletes.

intraining is offering a 3 week core strength workshop for kids in April to help teach children strategies to manage their sporting life with exercises. The program will involve a range of balance, proprioceptive, and core strength exercises. The children will receive a take home exercise plan with tips on how to include these exercises in their busy schedules.

To find out more information, contact clinic@intraining.com.au or phone 33673088.

Age range 10 - 18 yrs
Dates: Wednesday April 6th, 13th, 20th
Time: 5:30pm - 6:30pm
Cost: Margot to advise



Part of the intraining Marathon School program.

More information online at www.intraining.com.au/marathonschool

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