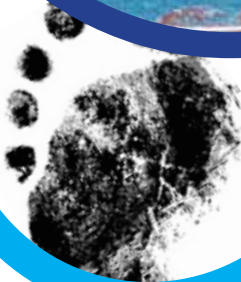


# FROM THE SOLE

Tips to keep you running at your best



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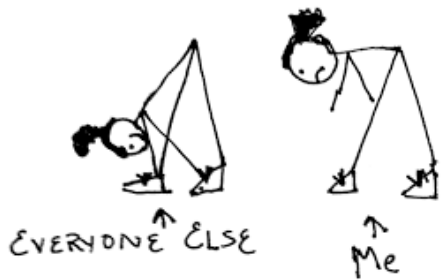
Pilates

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# HYPERMOBILE VS HYPOMOBILE

By Doug James  
intraining physiotherapist and podiatrist



Have you ever wondered why some people can easily touch their toes, while others struggle to reach their knees? Lots (or too little) stretching may play a small part, but genetics has more to do with it. Genetics dictates how flexible your joints, ligaments and tendons are based on the composition of the cartilage contained within. Joints that have an above average amount of flexibility are referred to as 'hypermobile'. In contrast a stiffer, less flexible joint is termed 'hypomobile'. The idea of being flexible seems like a good thing. Athletes are regularly encouraged to stretch as part of their warm up and warm down. Yoga, and bikram (hot room yoga) are popular ways of trying to increase flexibility through prolonged stretching however too much flexibility can be a hindrance in certain sports including running.

Running requires a reasonable amount of stability through the ankle, knee and hip joints, however excessive flexibility can make stable form more difficult. In cases of hypermobile joints, muscular control is important to help provide stability. 'Core stability' refers to the ability of key muscles in the torso to help create a strong mid-section that can help offset the instability of hypermobile joints. Improving your core stability through exercises and classes such as Pilates can be beneficial for your athletic performance, and the health of your lower back. Intraining holds pilates classes four times each week. **For bookings contact 3367 3088.**

## CORE STRENGTH FOR KIDS

By Doug James  
intraining physiotherapist and podiatrist

Kids are generally more flexible than adults, and will time to time complain of aches and pains that can be chalked up to 'growing pains'. Flexibility that leads to tripping, and ongoing discomfort may be a sign of something more serious. Nowadays, more children are being identified as having 'Hypermobility Syndrome'. Hypermobility Syndrome is characterised by excessive flexibility in most major joints (knees, hips, elbows and wrists) which is often accompanied with pain, and low muscle tone (which can lead to bad posture and poor coordination).

Studies have shown that improving strength, particularly core strength can help to reduce the symptoms of Hypermobility Syndrome, which may lead to reduced pain and improve participation in physical activity. Below are a couple of simple exercises that may help. If you wonder if your child's posture and running technique could be improved, the intraining running injury clinic is able to offer assessment and fun exercises to help. For bookings contact 3367 3088.



• Bridging: Laying on the back with knees bent up, raise hips up and hold for 10 seconds while keeping steady. To make it fun: roll a tennis ball under the hips to encourage high hip position – see how many times it can be rolled back and forwards and increase this time.



• Push up position planks: Keeping a straight torso, hold a push up position on tip toes. To make it fun: place a tennis ball on the lower back to encourage stable hips.



## SWEET POTATO GNOCCHI

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

These gnocchi are easy to make and make a delicious change from pasta.

**Serves 4 (as a main dish) or 6 (as side dish)**

**Ingredients:**  
600g gold sweet potato (orange flesh)  
1 large egg, lightly beaten  
3 tablespoons parmesan cheese, grated  
1 tablespoon chopped fresh herbs (parsley and/or basil)  
150g plain flour  
A little salt and fresh cracked black pepper  
Pasta sauce to serve - see suggestions below

### Method:

Bake or microwave sweet potato in their skins until soft  
Once cool enough to work with, peel and mash in a large bowl

Mix in lightly beaten egg, parmesan, and herbs  
Sift the flour into the bowl, lightly season and mix gently until the flour is just incorporated. (Gnocchi can become chewy if the mix is overworked).

Flour a clean work surface and roll lumps of gnocchi dough into smooth sausage shapes (about 2cm thick). Cut into 2cm pieces and place on a lightly floured plate or tray until ready to cook. (You can also gently press them over the prongs of a fork to give them little grooves which helps to 'hold' the sauce)

When ready to cook, drop into boiling water, 10 or so at a time. They are cooked when they float. Remove with a slotted spoon and serve with your favourite pasta sauce. Tomato based sauces work well, see suggestions below.



### Serving Suggestions and Tips:

Serve with your favourite pasta sauce and a side salad or steamed vegetables. For example, Bolognese sauce as a change from spaghetti, or tomato and herb sauce with some grilled chicken or fish. These suggestions will also increase the protein content of the meal.

### Nutrition

Gold sweet potatoes are a great source of vitamin A and have a low glycaemic index which provides a slow release of energy (fuel). Each main dish serve contains approximately 45g carbohydrate, 10.5g protein, 3.6g fat, 4.8g fibre and 1100kJ (260 calories). Each side dish serve contains approximately 30g carbohydrate, 7g protein, 2.4g fat, 3.2g fibre and 735kJ (175 calories).



## RUNNING FORM WORKSHOPS 2016

December 3rd 2016  
& February 2017

**COST: \$30**  
(intraining Club members \$25)

### Running form is useful for:

- being lighter on your feet
- refocusing when tired
- regaining strength & co-ordination after injury
- improving running strength
- learning about running biomechanics

### Want to run like an Olympian?

- Learn to be lighter on your feet
- Reduce race fatigue & focus on form

### Returning from injury or time out from running?

- Retrain your body for strength and co-ordination

### Keen to develop strength and power to improve speed and to reduce injury?

- Learn how to combine running form drills with your training



## RUNNING LIGHTER ON YOUR FEET

Pounding the pavement does not refer to the forces you exert or the sound you make when running. For some runners this might actually be the case, but ideally, foot strike should be relatively noiseless. The sound your feet make as they land on the ground can be a cue of excessive forces on your body. Not only can this hinder your speed, but it can increase the risk of injury. Ideally foot strike noise should be minimal. If you are a 'noisy', then it is time to check if you are in the correct style of running shoes, or to think about altering your running form.

At the intraining Running Form Workshop on December 3rd, this will be a topic of discussion with a series of drills demonstrated to help practice the art of running lighter on your feet.

## fun fact

## THE PHYSICS OF RUNNING

Olympic sprinters feet are on the ground for only 0.08 seconds during the 100m sprint compared to the average person's ground time being 0.12 seconds. The flight time when both feet are off the ground at the same time, is about 0.12 seconds, regardless of how fast or slow you are. A study comparing Usain Bolt's leg speed and flight time to the regular runners, showed that running fast has more to do with the force applied to the ground than how quickly you can move your legs.



# MYTHS ABOUT BUYING RUNNING SHOES:

*Buying new shoes can be a daunting task. With such a wide selection of shoes available and so many myths about buying shoes, how do you choose the shoe that best suits you?*

Media covers every latest fad as if it is the new truth and everything we believed in the past was wrong.

Footwear evangelists and marketing companies promote their latest invention/gimmick as being the only way to go.

With so many companies more interested in your money than you, how do you ensure that the shoe you are buying is the best shoe for you? How do you trust the advice you are given is to help you with your running and not help someone else with their cash flow?

The best thing to do is be an informed, cynical consumer. There is nothing wrong with questioning the advice you are given. If the answers do not make sense to you then they are probably suss.

At intraining we embrace your questioning nature. This article is our way to help you become that informed consumer by debunking the many myths of running footwear selection.

## FIT MYTHS:

### • Foot size can be measured to select the right size of shoe.

At intraining we never measure your foot size. The reason for that is the right fit is not related to the size on the shoe. Length, width and depth on different models, even in the same brand, can vary by up to a size. If you have your foot measured and think that is the size you will be in all models then you are much more likely to end up with a shoe which does not fit. Fit is also a personal preference with some people wanting more room than others. We check every shoe on your foot and give you feedback on what the right fit should feel like.

### • A thumbs width at the end is what you need in a running shoe.

This old myth only works about 10% of the time. It is definitely worse to have a shoe too short than too long however both can be a problem. If you are only running up to 5km having your toes close will not cause many issues however if you are doing runs beyond 1 hour you will be at increased risk of losing toenails. Having shoes too long can affect the location of where your toes bend vs where the shoe bends in the forefoot. If this is not in alignment then it increases the forces under the ball of your foot. Shoes that are too large can cause you to claw with your toes to keep the shoe on your foot. Your Footprint is related to the shoe that is best for you.



• Footprints only tell you about the weightbearing area and not about how your foot functions. It is possible to have a small weightbearing area but a lower arch if you have a rigid foot. You can get a better idea about what type of shoe you need by looking at the foot when sitting and standing. It is more important to identify if you have a rigid or flexible foot than a high or low arch.

### • Women with wide feet can go to a men's shoe.

While this is true to an extent, most women with wide feet will have to compromise other fit factors when going to a men's shoe. One of the big structural differences between men's and women's feet is that women have narrower bones. That means narrower heels and shallower feet even if they have a wide forefoot. If a woman goes to a man's shoe for width or length they will likely be moving around inside the shoe. There are many different models available at intraining for women in wide and narrow feet and foot sizes up to 12US.

## BIOMECHANICS MYTHS:

### • Pronation is bad.

Pronation has been blamed as the main cause of injuries in runners since the 1970's. Research had not been conducted on pronation injury risk until the last 10 years. While the few percent of people who have extreme pronation have an increased injury risk, for most people the research has shown that people who do not pronate get the most injuries. Some studies have found an inverse relationship with pronation and injury where the more you pronate the less your injury risk. The purpose of pronation is to deflect force and rigid feet that can not pronate can not dampen the forces of impact as well.

### • Kinetics (forces) vs Kinematics (motion)

Too much emphasis has been placed on the motion that occurs rather than the forces that exist. There is significant variation in the ideal running styles of different runners. This is because there is significant variation in anatomy such as the range of motion of joints, the relative strength of different muscle groups and the coordination of different runners. While it is easier to identify movement that you can see, it is less important than the forces that occur. The direction of force is more significant than the amount or location of force.

### • There is one best way of running/moving for everyone:

Different running techniques like Pose, Chi and Natural running try to put everyone in the same box. Because we are all designed differently we can not expect to run the same. Heel striking is commonly identified as being a problem for runners. In fact a new study has shown that the injury risk of heel striking and midfoot/forefoot striking is the same, however each way of running has a higher risk for different types of injuries. Other factors like forward lean, arm carriage and cadence all change depending on your structure and speed. Many studies have found that the further away you move from your...

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By Emily Donker  
intraining podiatrist and coach

# BAREFOOT RUNNING GET BACK TO YOUR NATURAL INSTINCTS

New ideas, technologies and training methods are constantly revolutionizing and advancing sport, and running is no exception. These changes enhance running experience and performance for beginners and seasoned runners alike. The contentious and revolutionary concepts of barefoot and minimalist running are dominating current discussions and intriguing running communities all over the world.

Whether you're new to running or have been pounding the pavement for many years, barefoot running can provide benefits to everyone. If you're willing to take up the challenge and take a somewhat primitive approach to your running, you will gain a more intimate relationship with body and earth and reap the rewards. If you're looking to improve your running efficiency, alter your gait or simply reinvigorate your tired training regime, then barefoot running may be just what the doctor ordered.

Conventional running shoes have a lot of structure, support and cushioning to protect our feet from the harsh reality of running. We're drawn to these features when looking for the 'best shoe'. Most shoes encourage runners to strike heel first as they incorporate a differential of approximately 12mm from heel to forefoot (meaning your heel sits higher in the shoe than your forefoot). Conversely, barefoot shoes such as the Vibram Five Fingers are designed without a heel-forefoot drop, to mimic the human foot. They provide functional support by promoting good posture, enhancing muscle balance and activation throughout the legs and feet. This improves proprioception (your perception of where your body is within space) and sensitivity.

Eliminating the heel lift encourages natural posture by reducing anterior pelvic tilt and decreasing pressure on the lumbar spine. This improves the balance and function of lower back and pelvic muscles like the gluteal, tensor fascia latte and iliopsoa. It can also reduce the risk of suffering posterior muscle tightness in the hamstrings and calves, which is relatively



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More information online at [www.intraining.com.au/marathon-school](http://www.intraining.com.au/marathon-school)

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