

FROM
THE

APRIL 2018

SOLE

Tips to keep you running at your best



intraining
running injury clinic

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RACED HARD?

Now recover well!

*by Doug James - intraining physiotherapist
and podiatrist*

Hopefully you had a successful run during the recent Twilight Running Festival. As one of the first running events for the year it is a great test to see what condition your body is in for the rest of the race season. How effectively you recover after the race can dictate how soon you can get back to training and racing again. Check out some great tips from the intraining running injury team below: [\[insert link to May Enews articles\]](#).

After a few days, post-race soreness or DOMS (Delayed Onset Muscle Soreness) should begin to settle and running should start to feel more comfortable. If you still have pain that is preventing you from running or are carrying a niggling injury, now is the time to have it checked out.

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**Start
running
right!**

SELF-MASSAGE TOOLS

By Emily Donker
(podiatrist, coach,
triathlete)

If you're a runner, chances are you hate being unable to run. Staying injury-free is the best way to maintain consistent training. Getting a regular massage can reduce injury risk, but unfortunately, many runners fail to prioritise massage within their fast-paced lifestyle.

Thankfully there are some great tools you can use for self-massage which, if used correctly, can reduce the need for a sports massage.

Using a foam roller is great for relieving tension from, and flushing larger muscles – generally longer muscles such as the hamstrings, calves, quadriceps, ITB and through your back. Typically rollers are used on the ground (or against a wall) such that you can move your body and the target muscle across the roller. Foam rollers are available in various sizes and textures (eg. smooth vs bumpy).

Using a trigger ball is perfect for releasing muscle knots and tension, particularly in deeper and bulkier muscles. Tight spots within longer muscles, plus the glutes, piriformis, hip flexors, erector spinae (lower back) and muscles around the shoulders all respond well to trigger point therapy. Just find a tender spot and keep the pressure on for 30sec – 2min. They're a great self-release tool, particularly if you travel a lot and are limited for space. Again, trigger balls are available in a range of sizes and textures.

intraining Running Centre has a range of foam rollers and trigger balls on offer, so chat to your podiatrist, physio or the shop staff to determine which will best suit your needs.



RECOVERY NUTRITION

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

Nutrition plays an important role in recovery, and should consider fluids and electrolytes to rehydrate, carbohydrate to replenish glycogen (muscle fuel) stores and protein for muscle growth and repair. If you don't get your recovery nutrition right after hard training or racing you may find yourself with increased muscle soreness, fatigue and reduced ability to perform at your full potential at your next session.

The body is most effective at replacing carbohydrate and promoting muscle repair and growth in the ~ 60-90 minutes after exercise, but this process does continue beyond that, so your next usual meal can easily double as a recovery meal. However, if it will be a while before you can have that usual meal consider having a snack to start the recovery process. Here are some examples: fruit and dairy smoothie, tuna with crackers + fruit, bread roll with protein filling. For a recovery snack on the go a tetra pack of flavoured milk works well and can easily be taken to an event or training session. I like to freeze a chocolate milk and pack it in my kit bag, then after I have finished my race I come back to a refreshing icy cold drink.



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THE SCIENCE OF COMPRESSION GARMENTS

by Doug James - *intraining*
physiotherapist and podiatrist

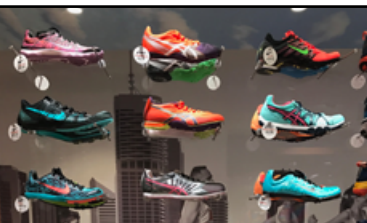


It's been 20 years since SKINS, the Australian based compression garment company first launched their product range. Since then, SKINS and other brands of compression garments have been worn by athletes from a wide range of sports. Aside from the professional endorsement and anecdotal support of these products - just what scientific support is there to justify their use?

A review of reputable peer reviewed scientific studies released within the past decade shows that compression garments actually offer little to no increase in running performance. So why do people keep wearing them?

Science has been able to prove that Lower Limb Compression Garments (LLCGs) are of most use as a recovery aid. Perceived muscle soreness after endurance running events was less in runners that used LLCGs. Additionally, LLCGs (either calf sleeves or integrated calf sleeve + sock) were found to reduce foot swelling that may be associated with foot pain and numbness during running. Clinically it has been suggested that LLCGs may also offer benefit in reducing muscle vibration that occurs during impact sports such as running, and this in turn could help reduce shin pain and calf muscle injuries.

Remember that recovery is an important part of your training approach. Consider using lower limb compression garments to help maximise your recovery and training. A wide range of compression garments is available at *intraining* running centres.



Don't let the wrong shoes stand in the way of a good run. *Get fitted by the experts*

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the running store run by runners



STAY INJURY FREE CHECK YOUR SHOES

*by Margot Manning intraining podiatrist and
running coach (children & adults)*



We are in the middle of the running season and most runner's shoes will be close to the end of their life. While most injuries occur because of training mistakes it can be easy to neglect the 'aging' of your running shoes leading to a usually avoidable injury.

The most common reason for shoes causing an injury is because they are too old or the cushioning has compressed from the months of training. This aging process can be difficult to recognise in a shoe because there are usually minimal physical signs.

However, there are a few signs you should learn to recognise so that you can avoid experiencing the unwanted event of an injury.

Take the time out to update your running shoes. If you are unsure come into the intraining Running Centre and our running staff will assess your runner's. If you have been unhappy with your current shoes, book in to see one of running podiatrists for a more thorough check of your biomechanics, running style and training.

EARLY SIGNS OF AN AGED SHOE INCLUDE:

1. DELAYED MUSCLE RECOVERY
2. NIGGLES
3. 'HOT' SPOTS
4. EXCESSIVE WEAR ON THE OUTSOLE RUBBER



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