

# Body Maintenance for Runners

Most of us are aware that running is attributable to the many benefits to our health and well-being. Running however, also places stress on your body and increases tension in our muscles. In order to experience the most enjoyment from your running experience there are steps you can take to reduce tight muscles, aid recovery and maximise the positive effects of training.

Some of these strategies include:

## ■ ADEQUATE NUTRITION AND MAINTENANCE OF A HEALTHY WEIGHT.



Timing and type of nutrients consumed can play a very significant role in both running performance and recovery from training. Appropriate nutrition is probably the most effective recovery strategy of all for recovery. Balancing weight management and getting all you need to train well can be challenging for many people and professional support can be a winning strategy. **intraining's Dietitian, Liz Lovering, can assist with individualising a program to make sure you are utilising the most effective recovery strategy to your best advantage and can assist with weight management and food plans for events.**

## ■ MASSAGE.


Regular massage also has a role in both performance and recovery. Increased blood flow as a result of effective massage enhances recovery after hard training, while breaking down of adhesions and tight bands allows maximal muscle recruitment enabling your best performance. A fortnightly or even monthly massage at intraining clinic, specialising in treating runners,



will help keep your muscles long, supple and effective. **Linda Watson and Chris Solomon are part of the intraining Sports Rehab clinic massage team and work in collaboration with the podiatrists and physiotherapist to assist with injury recovery and prevention.**

## ■ STABILITY AND CORE STRENGTH.

Paying attention to our stabiliser muscles of the body allows freedom of movement and reduced incidence of injury. A weekly Pilates class will assist greatly in maintaining balance, range of motion in joints and reduce injury risk. **Physiotherapist Doug James offers mat work Pilates classes at intraining each week with classes for children as well as adults available.**



## ■ FOOTWEAR.


Footwear that is appropriate to your needs is key to staying injury free. Seeking expert advice in this area will make all the difference to your running experience. A shoe that is too stiff or too flexible for your running gait can place unnecessary strain on muscles, tendons or joints. **intraining Running Centre provides a complimentary footwear assessment which includes trained staff observing your running gait in a variety of shoes to ensure the best fit and feel for your next run.**

## ■ PODIATRY.

Many people are not aware of the benefits of podiatry for running injuries and niggles. Minor adjustments to shoes or orthotics can allow better movement patterns and reduce pain and injury. Simple adaptations like a heel raise or an appropriately placed "met dome" may be all that is needed to reduce strain off a particular muscle or joint. **Podiatry can assist greatly with injury such as plantar fasciitis, foot injuries, Achilles tendinitis, bunions, shin pain, knee injury, calf strains, hip, quad and hamstring issues. intraining has 4 podiatrists; Steve, Margot, Emily and Doug who are all runners themselves.**

## ■ STRETCHING, ROLLING AND MAINTAINING BALANCE.

Maintaining an appropriate range of motion in your joints is important for well-being and efficient running. Runners don't need to be highly flexible but adequate range of motion in key joints is essential for performance and staying injury free. **Personal training for runners is now available at intraining and can assist with identifying areas requiring increased flexibility, strength or correcting a balance issue. The personal trainer works in conjunction with the sports rehab team at intraining Running Centre during post injury rehabilitation as well as a preventative injury measure.**



There are a number of ways to keep your body functioning at its optimal capacity. Taking care of your body will help with not just your performance but the enjoyment factor of running. Long supple muscles that are not fatigued or injured and are adequately fueled are a joy to run on. What are you waiting for?

**By Linda Watson**

Coach, Massage Therapist, Personal Trainer

**intraining**  
running injury clinic

- ◆ Podiatry
- ◆ Physiotherapy
- ◆ Dietitian
- ◆ Massage
- ◆ Pilates



Call or email to book an appointment

ph: 3367 3088

email: clinic@intraining.com.au