

FROM THE SOLE

Tips to keep you running at your best

JUNE 2017



intraining
running injury clinic

33 Park Road, Milton & Indooroopilly Shopping Centre
ph: 07 3367 3088 | clinic@intraining.com.au

Podiatry

Physiotherapy

Dietitian

Massage

Pilates

BUNIONS AND THE SHAPE OF YOUR CHILD'S FEET

by Margot Manning - Podiatrist, intraining Kids Running Coach

Juvenile bunions are not common but may occur if there is familial history of bunions, the child has very flexible feet or in even rarer cases of systemic illnesses such as juvenile arthritis. Early recognition of foot shape changes and management of this can make a difference to the long term permanent damage to this joint.

Bunions occur when an excessive amount of load is exerted on the inside column of the foot. These biomechanical strains alter the way the muscles and tendons exert force at the 1st toe joint and also in the timing at which the toe bends during propulsion in the gait cycle. Bone is an organic tissue which continually remodels itself with new bone cells. It will change its shape to accommodate and cope with these excessive loads it is placed under. As a result, bunions and other more unusual bony bumps will develop.

There are clear signs in the early phases of bunion development. These include an enlargement of the 1st toe joint at its base and along the inside edge, and secondly, an increase in the angle of the 1st toe towards the second toe. If you have family members with bunions and you see these signs in your children's feet then it is definitely worth seeking advice to try to reduce further foot shape changes. If there is any pain, this is a clear sign to get help.

The management of juvenile bunions is predominantly with orthotics and the correctly supporting footwear. Understanding how the excessive loading occurs is done with a biomechanical analysis which looks at their gait (running & walking) patterns and their anatomy from the foot up. The podiatry and physiotherapy team at the intraining Running Injury Clinic are well trained in knowing how to treat children's feet and in understanding the biomechanics that may attribute to the development of bunions.

If you are concerned about your child's foot shape or know that they have early stages of bunion development make a booking with our intraining Running Injury Clinic podiatrists or physiotherapist. Our clinical team will have a closer look and to discuss the different treatment options.



**Injury preventing
you from running?**
We can help.

Private health fund rebates available. Click here to make an appointment.

CALF INJURIES DURING RACE SEASON

by Doug James – intraining Physiotherapist and Podiatrist

There are few things more frustrating than spending months training for a race, only for an injury to prevent you from being able to run it. Calf and lower leg injuries are responsible for a good number of these 'DNS' (Did Not Start) type injuries, but many of them are preventable.

Your calf muscles and lower legs are like barometers for how well you are handling your training load. Pain and muscle tightness are often signs of overuse and may signal an oncoming injury. The biggest cause of running injuries are errors in your training approach. At this point of the season errors may be due to not allowing sufficient recovery time between hard sessions, and failing to heed warnings that you are pushing too hard.

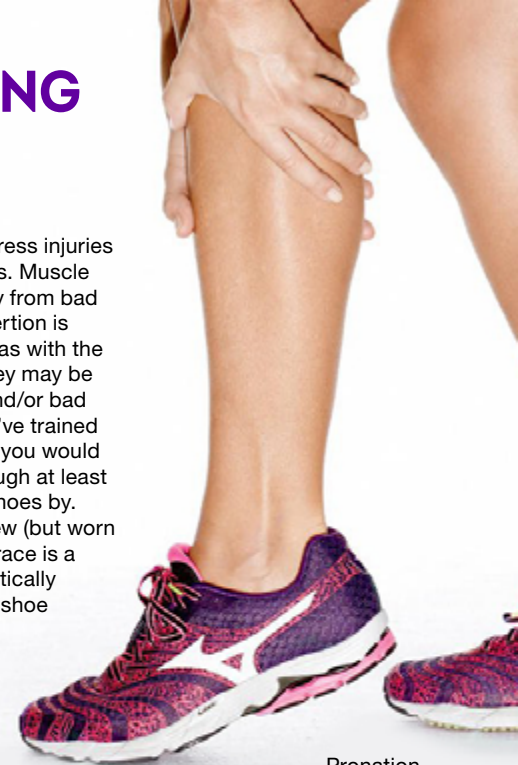
Optimal performance comes from finding a balance between a decent volume of training, while allowing enough time to recover. Your recovery can be aided through ice baths, and manual therapies such as massage, dry needling and foam rolling. When these things no longer relieve symptoms, a more serious injury may be presenting.

Common calf injuries include

muscle tears, tibia stress injuries and Achilles tendinitis. Muscle tears can arise purely from bad luck (though over exertion is usually a factor), but as with the other two injuries, they may be a result of overuse and/or bad biomechanics. If you've trained for much of the year, you would likely have worn through at least one pair of running shoes by. Having a relatively new (but worn in) pair for your goal race is a sensible idea. Dramatically changing the type of shoe however, isn't.

The heel pitch (height of the heel compared to the forefoot) can affect how much strain is placed on your calf and Achilles tendon. The average running shoe has a heel drop of about 10mm (meaning the heel sits 10mm higher than your forefoot). If you were to suddenly start running in a shoe with much lower heel drop – which a lot of racing shoes do – you may find yourself with a painful calf and/or Achilles.

Wearing a shoe that has too much, or too little pronation support can also be an issue.



Pronation support is a feature in shoes that may help to reduce strain on parts of your foot and leg – assuming you need it. Wearing a shoe with an unnecessary amount of pronation support and stiffness can result in excessive force on your leg, Achilles tendon and calf muscle.

**CONTINUE
READING...**

Need advice on the right running shoe?

Come see the experts at
intraining
the running store run by runners

Milton and
Indooroopilly



SHOES TO WEAR WHEN YOU ARE NOT IN YOUR RUNNING SHOES?

by Emily Donker - intraining Podiatrist, Coach and Runner

Let's face it, we would love to wear running shoes wherever we go, but the running shoe with business suit look may not bode well if you are looking to stay under the radar. As a result, even the most dedicated of runners only spend a fraction of their time wearing running shoes. What you have on your feet all other times of the day is also critical to both injury prevention and management. There are many opinions about the benefits and pitfalls of taking to various different footwear styles. Below is a summary of the positives and negatives of footwear options that might best fit your daily lifestyle and/or injury profile.



FOOTWEAR STYLE	POSITIVES	NEGATIVES
BAREFOOT	<ul style="list-style-type: none"> Promotes foot strength Develops proprioception 	<ul style="list-style-type: none"> No support or heel pitch Risk of stepping on objects
THONGS	<ul style="list-style-type: none"> Protection from barefoot May develop strength, but usually results in muscle imbalance 	<ul style="list-style-type: none"> No support No heel pitch Over-activation of flexor tendons for grip and stability
SUPPORT THONGS IE. OOFOS	<ul style="list-style-type: none"> Cushioning to promote recovery Mild arch support Minimal heel pitch to promote gentle stretch 	<ul style="list-style-type: none"> Minimal heel pitch insufficient for many injuries May cause extra strain through posterior structures ie. Achilles or calves
SANDALS	<ul style="list-style-type: none"> Securing straps provide more secure fit and potential for better support Some options offer good arch contour/support 	<ul style="list-style-type: none"> No/minimal cushioning No/minimal heel pitch Support dependant on style
BUSINESS SHOES	<ul style="list-style-type: none"> Protection from barefoot Some options offer support Some options offer heel pitch 	<ul style="list-style-type: none"> Little to no cushioning Usually minimal heel pitch Minimal ability to adjust lacing or fit of upper
BALLET FLATS	<ul style="list-style-type: none"> Protection from barefoot 	<ul style="list-style-type: none"> No cushioning No support No heel pitch
HIGH HEELS	<ul style="list-style-type: none"> High heel pitch great for calf and Achilles injuries to reduce strain on these structures 	<ul style="list-style-type: none"> Increased forefoot pressure and risk of joint pathology eg. bursitis, capsulitis etc. No cushioning No support



PRE-EVENT FUEL

By Liz Lovering - intraining Dietitian, Nutritionist and Runner

Although there is no one 'best' food to have pre-event, type and timing is important. Everyone is different in what they prefer to have before they race. But, in general, your pre-event meal or snack should be rich in carbohydrate, low in fibre, (important if you have issues with gut upset), easy to digest (higher fat foods digest at a slower rate) and most importantly familiar. Pre-event nutrition must be practiced in training. This is so you can find out what works best for you.

You need to allow adequate time for digestion. It can take anything from 2-4 hours to digest a full meal so if your event starts early in the morning, rather than impact on sleep, have a carb rich snack before bed and in the morning a light snack, 1 to 2 hours before the event to help top up the body's fuel stores. Experiment to see what works best for you and don't be tempted to try anything new on race day. Here are some ideas:

- Breakfast cereal with low fat milk + fruit (low fibre options include cornflakes, rice bubbles)
- Toast and honey
- Yoghurt and fruit
- Rice cakes, toast or English Muffin + honey or jam (low fibre options e.g. white bread/muffins)
- Smoothie – useful if you cannot face solid foods
- Banana + a glass of juice – a lighter option
- Sports drink or juice - if limited time or you cannot face solid foods

Don't forget to have some water too.



intraining
REHAB



PODIATRY | PHYSIOTHERAPY | DIETITIAN | MASSAGE | PILATES



Running technique amiss?
October and
December workshops.

Find out more

