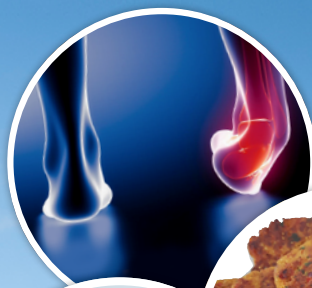


FROM THE SOLE

Tips to keep you running at your best



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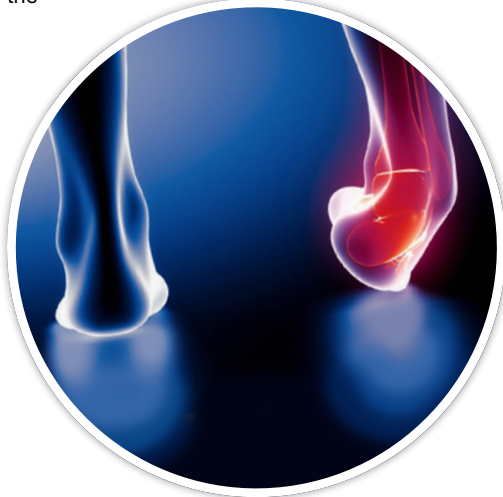
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ANKLE SPRAINS

Ankle sprains are a common injury that may result in anything from minor short term impairment to severe pain and chronic instability. They can arise from seemingly innocuous event – stepping on a slightly uneven surface, to more predictable occurrences e.g. slipping during an evening trail run in wet conditions.

The ankle is most commonly sprained in an inverted position – this is where the lateral (outside) part of the foot tilts downwards and the



force of your bodyweight and momentum causes one or more of the ligaments on the outside ankle bone to stretch. The injury is assigned a grading from 1 to 3 based on the degree of damage to the ligaments.

- Grade 1 injuries a mild stretch of the ligaments with minimal pain and a fairly quick recovery time (somewhere from 1 day to 2 weeks).
- Grade 2 injuries are a more severe version of a Grade 1 injury: greater damage to the ligaments with anywhere from 2-6 weeks required for recovery.
- Grade 3 injuries involve the complete rupture of 1 or more ligaments. This results in swelling, bruising, and will leave the ankle chronically unstable.

Treatment involves rest, and use of ice, compression elevation as often as possible over the initial 72 hour period. Early mobilisation (walking, exercises) helps with faster recovery. In cases where pain is unbearable (particularly focussed around the outside ankle and foot) and you are unable to stand on the foot, an Xray may be beneficial to rule out fractures.

A thorough rehab program, or better yet pre-hab prevention program can help reduce your likelihood of repeated ankle sprains. See one of the team from the intraining running injury for advice.

Doug James –
intraining Physiotherapist and Podiatrist



2 MINUTE EXERCISES

(To do while brushing your teeth).

Physios are commonly fed the excuse 'I would have done my rehab exercises, but I don't have any time'. Most people will brush their teeth for 2 minutes twice a day. There's 4 minutes that could be used to multitask and fit in some exercises (remember, some exercise is far better than none).

EXERCISE 1
Standing tip toe hold. Stand on tip toes and hold that positions for 20-30 seconds. Repeat three times. This simple exercise is great for building strength in your feet, calves and Achilles tendon while also improving your balance. Gradually increase the amount of time you hold for, then try balance on 1 foot only.

EXERCISE 2
Bodyweight squats. Squat down until your thighs are horizontal then return to standing position. Repeat 3 sets of 15 squats – increasing the difficulty by holding the squat position for longer, or trying a single leg squat.

Doug James – intraining
Physiotherapist and Podiatrist

RACING FOR TRAINING

Training allows you to focus your attention on specifics in a much more controlled and relaxed environment, which certainly has many benefits. But nothing can prepare you for racing quite like racing itself.

Racing is by far the best way to condition yourself for racing – however, you can't race all the time. Regular racers need to race smart to ensure they can achieve their goals and continue to improve without being overcome by the stresses of racing too much.

Racing hard challenges your physical and mental limits. Regularly pushing yourself in the more pressured environment of racing allows you to become more familiar with the situation, and become more equipped to respond better during future races thanks to the experience.

Pacing is something you can practice over and over and over

again in training, but race day is always different. The adrenaline and nerves always challenge your levels of restraint and often people will start their race too fast. By racing regularly you will be become more familiar with judging your pace, even when amped up and ready to go.

Nutrition and hydration are extremely important and greatly affect performance in longer events. Again, you can practice your strategies in training, but only race practice can give you a true feel for how you will respond to taking on fluid and nutrition in stressful conditions.

Whilst there are many benefits to racing and using racing as training, it also requires much more down time post-event to properly recover and recharge. Ideally, you should race regularly – the frequency will be different for everyone and dependant on the season, but should always ensure you take adequate time to recover, otherwise you risk physical and/or mental fatigue, and increased chance of injury.



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IMPROVE YOUR RUNNING TECHNIQUE

30 April



HOW MUSCLES MOVE YOU

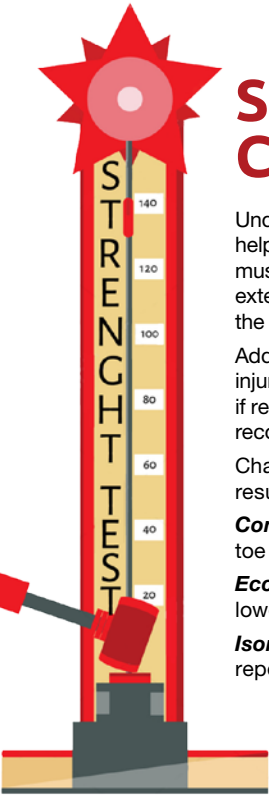
The skeletal muscles (i.e. the ones used to help you move) are comprised of a series of rope like fibres that run parallel to each other. These fibre slides over each other to lengthen or shorten the muscle creating a joint to move, which in turn creates movement. A third sort of muscle action involves the muscle fibres maintaining the same alignment – used to keep the muscle the same length. These three different sorts of muscle action are named Eccentric (where the muscle lengthens), Concentric (shortening), and Isometric (maintains the same length under tension).

Running involves a combination of these movements. Your Left foot pushes off the ground as your calf muscles concentrically contract. About this time your Right leg hip flexors are concentrically contracting to pull your thigh upwards, and your hamstrings are concentrically contracting to bend your knee and pull your foot towards your backside. The Right quadriceps (front thigh) muscles then begin to straighten your knee by concentrically

contracting while the hamstrings help control the speed of knee straightening by eccentrically contracting. The Right foot then makes contact with the ground where the landing position (forefoot, midfoot, or heel) – will influence the effect of calf muscle action (there is usually some eccentric loading). The Right quadriceps will then act eccentrically to brace the impact of landing before concentrically contacting to initiate the calf muscle push off sequence again.

Improper running technique can influence your performance and injury risk. An analysis of your running gait can help to identify flaws and weaknesses in your technique. For a thorough gait analysis see the running experts at the intraining running injury clinic.

Doug James –
intraining Physiotherapist and Podiatrist



STRENGTH AND CONDITIONING

Understanding the different types of muscle movement can help improve your running. Focussing on only one sort of muscle movement – for example, solely focusing on doing leg extensions at the gym (concentric contractions) – will neglect the important eccentric component required.

Additionally, Achilles tendons and calf muscles that have been injured by eccentric loading (at initial contact) while do poorly if rehabbed with eccentric loading exercises too early in the recovery, where isometric exercises may be more appropriate.

Change up your conditioning exercises to get the best results. Calf strengthening could include the following:

Concentric Calf Raises (strongly raising from flat foot to tip toe then repeat, try 4 sets of 20 repetitions)

Eccentric Calf Drops (start on tip toe on a step and slowly lower below horizontal, try 3x15)

Isometric Calf Holds (stand on tips toes for 30 seconds, repeat 3 times).

Doug James – intraining Physiotherapist and Podiatrist

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CHICKPEA PATTIES

Looking for new ideas for meals? Try these delicious Chickpea Patties. This recipe uses dried chickpeas that must be soaked overnight, (canned chickpeas do not work as well in this recipe), but they are worth the effort for the lovely nutty flavour. *Makes 16 small flat patties*

INGREDIENTS:

- 1 x cup (200g) dry chickpeas, soaked overnight in plenty of cold water
- 1 x medium red onion, peeled and finely chopped
- 1 x medium red capsicum, washed, de-seeded and finely chopped
- Handful of flat-leaf parsley, washed and chopped
- Juice of ½ lemon
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/3 cup (50g) plain flour
- Salt and pepper to taste
- 6 tablespoons oil for frying

METHOD:

1. Rinse and drain chickpeas and whiz in a food processor until almost smooth
2. Put chickpeas in a large bowl
3. Add onion, capsicum, parsley, lemon juice, turmeric, cumin and flour
4. Mix well, season to taste and divide and shape into 16 flat patties (around 7cm diameter)
5. Heat a little of the oil in a non-stick frying pan over a medium heat and cook patties in batches (using more oil as required) until golden brown on both sides. Remove from pan and drain on kitchen paper.

SERVING SUGGESTIONS & TIPS

This makes a delicious lighter meal or snack and can be served hot or cold. Serve 3-4 with a mixed salad and sides of hummus and plain yoghurt or serve in flatbread with salad, yoghurt, hummus. The yoghurt and hummus will increase the protein content of the meal as will a sprinkling of a few sunflower seeds onto your salad.

NUTRITION

Each patty contains approximately 11.5g carbohydrate, 3g protein, 7.8g fat, 2.6g fibre and 525kJ (125 calories).

Liz Lovering, sports dietitian,
runner, chef and coach

