

# **FROM THE SOLE**

Tips to keep you **running** at your best



# **intraining**

running injury clinic

Podiatry

Physiotherapy

Dietitian

Massage

Pilates

**33 Park Road, Milton**  
ph: 07 3367 3088  
sales@intraining.com.au

**Indooroopilly Shopping Centre**  
ph: 07 3378 5588  
indro@intraining.com.au

# HYDRATION

**Love 2 Run. The warmer weather is once again upon us, so don't let dehydration affect your performance.**

Hydration is something that any runner should carefully consider. Fluid losses from sweat vary depending on individual and environmental factors, but are higher when exercising in hot, humid conditions and/or at high intensity. Several factors affect

how much fluid we need including genetics, size, environment, exercise intensity and fitness levels.

As fluid requirements are so individual it is important for runners to establish their fluid needs. A simple method for estimating sweat rate is to measure changes in body weight during a run. A 1kg loss in weight ~ 1 L of fluid lost. Aim to replace 150% of losses, so if you lose 1kg in weight you need to replace 1.5L fluid. Water is great for general hydration and



short low intensity runs of around 60mins. For more intense sessions, or prolonged exercise in hot conditions, sports drinks or electrolyte replacement formulas are recommended as they provide fluid and important electrolytes. Electrolyte replacement (especially sodium) is particularly important when running in the heat, or if you are a salty sweater (white residue on face and running gear). For longer runs sports drinks have the added benefit of providing carbohydrates (fuel). And yes it is possible to drink too much.

Overconsumption of water without sufficient electrolytes to balance this, particularly sodium, can contribute to a condition called hyponatremia (low blood sodium) which can be very dangerous. In summary; know your own fluid needs in different climates (in cool weather or when the exercise intensity is low, sweat losses may be small), and remember that for prolonged exercise, intense sessions and running in the heat electrolyte replacement (with or without carbohydrate) is very important. Tip: freeze your sports drink the night before a long run, take it with you to training and when you finish your run you'll have a refreshing slushy.



By Liz Lovering, APD, ASD

## DIETITIAN: POST-RUN TROPICAL SMOOTHIE

- Flesh of ½ ripe mango
- ½ peeled banana
- 1 peeled kiwi fruit
- 1 cup skim or low fat milk
- ½ cup low fat plain yoghurt
- Squeeze of lime juice
- Few ice cubes

Place smoothie ingredients into the blender and process until smooth.



By Liz Lovering, APD, ASD

# KIDS - Footwear fitting for kids

The process of fitting running shoes and school shoes to children's feet is no different than with adults. There are wide feet, and skinny feet, high arches and flat feet. Matching the shoe to suit their movement patterns is the most important factor, especially when they are active and experiencing growth related injuries such as Sever's (heel pain) or Knee pains. The difference between adult and children's fittings is the child's foot size is proportionally different to adults creating spaces in the shoes that prevent a snug fit. The shoe fitting is usually compromised when their foot is between sizes, and the child has an usually wide foot, or skinny foot, and when they are



also restricted by colour choices. Children have narrower heels than adults, and they require shoes to grab their foot securely to cope with the amount of activity and play they should be doing. For most children, this is affected even more by their inability to tie shoe laces correctly. A useful addition to a shoe with unwanted space is a heat mouldable insole. This helps customise the shoe to fit more appropriately around a child's foot. At intraining, the staff and Running Injury team work with the children to teach them how to make shoes fit well through shoe lace tying, how to pick shoes that suit their movement patterns, and how to choose the best fit.

By Margot Manning (Podiatrist and Coach)

## KIDS RUNNING GROUPS



### TRAINING GROUPS FOR KIDS:

**Monday 3:30pm** (ages 5-9)

**Monday 4:15pm** (ages 9-12)

**Thursday 4pm** (ages 9 - 11)

*Anzac Park, Toowong*

Focus on Running form, race strategies, speed and running for fun.

**Thurs 4:15pm \*\*** Junior Development Squad (ages 11 +)

(must contact coaches prior to attending this session)

**Contact: Margot Manning 0437026092**

## Inter-Digital Maceration

Regardless of whether you train and race ultra endurance events, or you just make your way through life every day, imagine doing it without your feet! Your feet are very important. They withstand force, pressure and trauma, stepping on sharp and rough surfaces, being squished in shoes, and much more!

Keeping your feet clean and dry, and checking them regularly for blisters, foreign bodies, callous and corns, is particularly important for the diabetic population, and others with compromised sensation in their feet. However, a regular foot care routine is beneficial for everyone.



Maceration between the toes (ID) typically develops from poor foot hygiene, and if left untreated can increase the risk of complications including tinea.

Wearing technical socks can greatly improve your foot health, and reduce the risk of

ID maceration by wicking away moisture and sweat. Injinji toe socks are perfect for keeping your feet cool and dry – even between your toes. By separating your toes they ensure there is no skin-on-skin friction and prevent your feet and ID spaces from becoming hot and clammy. Skin Strong Dust is another great product, designed to reduce chafing by drawing moisture away from the feet, it also contains tea-tree oil for anti-bacterial benefits.

To reduce ID maceration and blistering you should also be sure to dry in between your toes after showering and swimming, and regularly check your feet. If you're worried about ID maceration, check out these simple product suggestions, avoid wearing enclosed shoes as much as possible, or book an appointment with one of our podiatrists.



**By Emily Donker (Podiatrist and Coach)**

## Foot strengthening exercises

The human foot is quite complex. In addition to 26 bones (average), 33 joints, and 107 ligaments, each foot also has 19 muscles. These muscles that reside within the foot (intrinsic muscles) play an important role in the alignment of the foot and your ability to stand, balance, walk and run. Weakness in intrinsic muscles is often found in feet with bunions, heel pain and several other injuries.

Some people attempt to strengthen their feet through running barefoot on grass or sand, however if this is undertaken too intensely, injuries can develop. A good preparatory exercise for this is performing towel scrunches. This simply involves placing a towel on the floor in front of where you are sitting. Keep your heels planted while using your toes to scrunch the towel backwards towards your arch. Perform 3x1 minute repetitions each for a week before progressing to a standing position.



***If you are interested in further exercises to develop your foot strength, contact the intraining running injury clinic on 3367 3088 for an appointment.***

**By Doug James (Podiatrist and Physiotherapist)**





**20  
MARCH  
2016**



**REGISTER  
NOW**

**21.1 KM    10 KM    5 KM    1 KM**

**[www.twilightrun.com.au](http://www.twilightrun.com.au)**

**intraining**  
running injury clinic

**BALANCE, CORE &  
SPORTS REHAB STUDIO**

33 Park Road, Milton



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

**Call or email to book an appointment**

Ph: 3367 3088 | Email: [clinic@intraining.com.au](mailto:clinic@intraining.com.au)  
[www.intraining.com.au](http://www.intraining.com.au)

*Podiatry and Physiotherapy appointments  
also available at Indooroopilly Shopping Centre  
(intraining located on 3rd Level)*