

# TOOLS OF THE TRADE

Whether you're injured or not, there are a number of tools you should keep on hand to be used for DIY treatment, injury prevention and rehabilitation. Whilst many of these seem like instruments of torture, they can help you maintain a higher intensity training load and volume, whilst still allowing adequate muscle recovery. The ultimate benefits of self-treatment are realised when these tools are used in conjunction with regular massages, acupuncture, dry needling and other soft tissue treatment methods. Your self-treatment tools list should include the following:

## **Theraband:**

- Should be used for more specific or finer muscle control, particularly in the early phases of injury rehabilitation.
- Can also be used to add resistance and progressively increase the difficulty of exercises in your regime

## **ITB Roller:**

- Great for massaging many areas of your body, especially your ITB, quads, calves and even lower back
- Used also for light core strength work

## **Massage Balls:**

- Trigger point massage... most areas of the body.
- Particularly useful for regions and muscles that require a greater amount of force, or are difficult to reach and treat by yourself, such as your glutes and feet
- Compact size makes this great for travelling

## **Balance Disk:**

- Used for ankle rehabilitation, stability work and core strength.
- Many benefits, including focus on balance and proprioception
- An excellent tool for all ages – young children right through to the aging population
- A favourite that doesn't take up too much space

## **Half Ball:**

- Very effective and time efficient way of developing balance and strength
- Significant improvements in motor control when used regularly for 5-10 minutes at a time

## **Fit Ball:**

- Useful for stability, core strength and injury prevention
- Great benefits to all round body strength
- Requires more finesse and time to learn correct technique

All these items can be purchased from intraining Running

Centre, and range in price from \$14.95 to \$79.95. If you're an injured athlete, you should make friends with these handy tools. However they don't need to be seen as evil, and shouldn't be hidden in the back of the cupboard once you're back on the road. Using these tools also offers many benefits to the uninjured athlete, including improved core strength and stability, improved muscle recovery, and reduced injury risk. The clinicians at intraining Running Injury Clinic can help you learn how to best use these tools for rehabilitation, maintenance and injury prevention.

intraining Running Injury Clinic – Located at 33 Park Road, Milton Bookings and enquiries: ph. 07 3367 3088 or email [clinic@intraining.com.au](mailto:clinic@intraining.com.au)



## **Margot Manning**

Runner, Podiatrist and Coach  
Podiatry: B. HlthSc (Podiatry)  
Level 2 Athletics Coach

**Book to see Margot for a consult at the  
intraining Running Injury Clinic.**

**PH: 3367 3088**