

FROM THE SOLE

Tips to keep you running at your best



intraining

running injury clinic

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VOLTAREN GEL vs DEEP HEAT

Creams, gels and ointments are often used in the hope of calming niggles and injuries. While commonly used, not many people really understand how, why and if they work. You may not have ever used Deep Heat, but chances are you've smelled it! The menthol aroma of Deep Heat lingers in football change rooms, sporting venues, and isn't particularly subtle. The cream is usually applied in the thought that it helps 'warm up' a muscle before sport. Truth is, the act of massaging the cream into the muscle has more effect. Deep Heat can gently stimulate blood flow to the area, and also has a mild pain relieving effect, but shouldn't be substituted for a proper pre-sport warm up. For acute injuries however, encouraging increasing blood flow (and with it, inflammation) should be avoided. Voltaren Gel is a popular product designed to help reduce inflammation (swelling). While less effective than the tablet version of the same name, it tends to have fewer side effects (though not altogether side effect free) so is often tolerated better. While menthol based creams like Deep Heat, Tiger Balm etc tend to relieve pain temporarily, Voltaren Gel can have a role in decreasing swelling in acute injuries which may lead to faster recovery. Deep Heat and Voltaren Gel should both be used with caution, and are really only of temporary benefit on superficial joint and muscle strains. For injuries that don't respond to these treatments, it is important to have the injury assessed and treated to avoid making things worse.



By Doug James
intraining physiotherapist and podiatrist

CHILDREN IN TRIATHLON

Triathlon is a fantastic sport to become immersed in from a young age, as it can be beneficial for a number of reasons.

Running is tough on the body. It's a very repetitive movement pattern, with the legs and feet in particular being subjected to significant amounts of force and stress. Triathlon provides the perfect excuse to diversify your training, develop other sporting skills and give your body a rest from running. Children can benefit both physically and socially from becoming involved in triathlon.

Participating in a variety of sports promotes developments in strength and co-ordination above and beyond training for one activity. Improvements in cognition and brain development are also enhanced. Both cycling and swimming are great for developing aerobic fitness, and as semi/non weight-bearing exercises they are fantastic alternatives to complement running training.

Swimming is great for improving breathing patterns and technique, and building whole body strength, including the

upper body and core. It's an important skill to develop from a young age (particularly in Australia), as people who have not learnt how to swim are more likely to fear water and the surf. Involving children in swimming lessons and squads will significantly benefit technique and efficiency.



Cycling is fantastic for leg strength and co-ordination. Particularly for older athletes, it also provides a great opportunity for socialising. Being involved in a children's cycling or triathlon group can have many benefits, including learning about road safety and group cycling etiquette.

Learning the skills involved in triathlon transitions is another sport in itself, and becoming familiar with the process could provide a fantastic competitive edge in racing situations if your child chooses to compete in children's events such as the Weet-bix Triathlon series.

Many people develop life-long friendships through their involvement in sport, so encouraging children to participate and enjoy their training from an early age can set them up for life by fostering good social skills and a fantastic attitude towards participation and exercise.

By Margot Manning
intraining podiatrist and coach

BREAKFAST

Breakfast is important, it breaks the overnight fast and provides the body with energy to start the day. If you train early in the morning, breakfast is also your recovery meal, and so should include a mix of protein to promote muscle repair and carbohydrate to refuel the muscles. There are many delicious ways to achieve this.

If you are struggling with some new ideas, then check out the following suggestions.

- Cottage cheese and tomato on toast (top with fresh basil and drizzle with extra virgin olive oil)
- Homemade breakfast beans on toast – see recipe
- Scrambled tofu with vegetables or veggie sausages and a side of breakfast beans
- Vegetable frittata and toast
- Muesli and yoghurt
- Smoothie made with fresh fruit, yoghurt, milk and a spoonful of LSA (linseed, sunflower and almond)
- Avocado and feta on toast with a poached egg.
- Ricotta on toast topped with a poached egg and a side of breakfast beans
- Peanut butter on toast plus a glass of milk
- Flake cereal and milk topped with nuts and seeds

Breakfast Beans Serves 2 (as main item) or 4 (as side dish)

Ingredients:
 1 tablespoon extra virgin olive oil (EVOO)
 1 small brown onion, finely chopped
 1 x 400g can beans, rinsed and drained (I used cannellini, you could also use borlotti or navy)
 1 x cup (250ml) passata (tomato puree)
 2 teaspoons Dijon mustard
 2 teaspoons honey or maple syrup (optional)
 1 teaspoon Worcestershire sauce
 Small handful flat leaf parsley, washed and chopped
 Salt and cracked black pepper to taste

Method:
 Heat EVOO in a small pan over a medium heat
 Add onion and cook until lightly browned
 Add drained beans, passata, mustard, honey and Worcestershire sauce and simmer for 10 minutes, stirring occasionally
 Add chopped parsley, season to taste and serve
Serving Suggestions and Tips
 Serve on a slice of grainy toast. To increase the protein content top with cheese or a poached egg.

Nutrition
 Each main serve contains approximately 29g carbohydrate, 12.5g protein, 11g fat, 9.4g fibre and 1155kJ (275 calories).

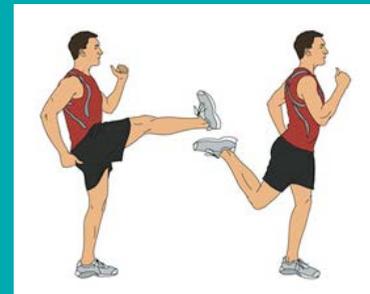


ARM/LEG SWING CO-ORDINATION

Smooth and efficient running requires good coordination of your arms and legs. Arm swing can help drive your legs – helping you to run faster, or at least maintain pace as you fatigue. Sometimes arm swing rhythm can get out of sync, and may need to be retrained for optimal performance. Here is an easy drill that you can practice at home.

- Standing in front of a mirror, bend your elbows at 90 degrees.
- Raise your right knee and left arm up, while moving your right arm behind you.
- Repeat this movement with a smooth and fluid motion, allowing your right leg to kick back behind you as you bring your right arm forwards. Continue for 30 seconds, then change sides.

This can be used as a warm up drill, particularly if you are getting back into running after time off.



By Doug James
intraining physiotherapist and podiatrist

WEAR PATTERNS

By Steve Manning
intraining podiatrist and coach

1. Shoe Wear Patterns: (and what they mean)

Wear patterns occur as your shoe gets older. They can be one sign that your shoes need replacing but they also can explain the forces you exert on the shoe based on your particular biomechanics. This can then help you choose the best shoe to suit your specific running style and foot structure. If you have worn through the outsole to the midsole then you will need to replace your shoes however by that stage the midsole cushioning in the shoe has probably been dead for awhile. Bend the forefoot of your shoe back the opposite way it normally bends. If there is resistance then it probably has some cushioning left. If not then it will likely need replacing even if the shoe looks otherwise good. You can bring your old shoe into the shop to have them assessed if you are unsure.

Wear patterns on the uppers can be a sign of fit issues or even scuffing where one foot is clipping the other. Toes sometimes lift and push through the uppers that can be a sign you need a bigger shoe or that you have an issue that needs to be addressed with orthotics. The podiatrists at the intraining Running Injury Clinic are runners themselves and can help you choose the best shoe, modify the shoe to fit your needs or assess whether further intervention is needed.

2. Shoe Wear Patterns: Outsole wear and injury

Wear patterns on your running shoes are signs of how you run and the forces you exert on the shoe. Most people wear the outsole in specific places depending on whether they strike first in the heel, midfoot or forefoot. Outsole wear only occurs when there is movement against the ground when landing and pushing off or when twisting.

Because most people are heel strikers then wear on most shoes occurs at the heel. Lack of heel wear is a good sign that someone is a midfoot or forefoot striker. Most runners also land with their foot rolled out landing first on the outside edge of the shoe.

They then roll inwards (pronate) until the whole foot is on the ground. This rolling in helps to deflect force reducing the peak stress of the force wave. It shows as wear on the outside edge of the shoe.

Central posterior heel wear can be a sign that strike does not occur with the foot rolled out. This can be an increased risk of anterior shin pain. Inside heel wear can be caused by the runner intoeing, or by spasm of the peroneal muscles making the foot land at full pronation. Unusual wear patterns can also be caused by blocking the foot function leading to a twisting action. This is usually shown with central forefoot wear. Our podiatrists at the intraining Running Injury Clinic can identify your wear patterns and match them up with your running style to tell if you are using the best shoe to suit you.

3. Shoe Wear Patterns: Internal shoe wear

About 10% of runners wear their shoes inside the shoe. This is caused by movement of the foot inside the shoe. Sometimes this is due to shoes that are too big but can also be from tight shoes making the runner squirm inside the shoe. On occasions the wear on the uppers is caused by unusual bumps on the runners foot where excessive pressure, as much as friction, leads to the wear pattern. One of these common bumps found on the back of the heel is called a haglunds deformity. This bump is where the Achilles attaches to the heel bone. When moving into propulsion the heel will lift slightly. Because of the bump on the heel all of the pressure is exerted on the one area inside the heel counter. This can quickly lead to a hole worn right through the lining of the shoe. The edges of the hole can then ball up causing blistering at the back of the heel. The best way to treat this problem is to find a heel counter that accommodates the location of the bump. However if this is difficult then the alternative is to let the hole wear through. Once it has worn enough we then tidy the edges of the hole and patch it. That then leaves a smooth depression for the bump and evens out the pressure at the posterior heel. This will prevent further wear and reduce the risk of blistering. Our podiatrists at the intraining Running Injury Clinic can assess if shoe modification or shoe selection can help with any wear patterns inside the shoe.

FUN FACT : BLACK TOENAILS & BRUISED TOES

Black toenails are blood blisters under the nails. The two most likely causes of black toenails and bruised toes is the shoe fit and biomechanics. If you are experiencing sore toes, then you need to find a shoe that is either longer, wider and in many cases deeper around the toes. This allows for swelling of the foot during exercise and can accommodate for any fancy toe movement your biomechanics may be creating. If the fit is fine, then it is likely your toes are having a party inside the shoe while you are running. Some people's toes move in unusual directions due to their biomechanics causing repetitive drumming against the top or the bottom of the shoe. As a result, sore toes and nails will occur.



RUNNING FORM WORKSHOPS 2016

Saturday
December 3rd
4pm

Between season & off season training tips to improve strength, co-ordination & speed while running
Book: clinic@intraining.com.au quote: Running Form

intraining's Running Form Workshop is a 90 minute session designed to give you a review of the running drills useful for improving your running form, increasing strength, co-ordination and speed.

Why do a Running Form Workshop now?

The best times to be focusing on your running form is between racing seasons, after recovering from an injury or following a growth spurt. This single session helps direct you to focus on form in the hot summer months and is a great lead into the 3 session Workshop in February 2016.

These are also perfect ways to help improve your Park Run times.

Who is this for?

This workshop is ideal for runners who have participated in a previous running form workshop. The session will focus more improving your running drill technique. Under the guidance of the intraining physiotherapy, podiatry and coaching team, this session will fine tune the way you have learnt the running drills previously and give you a session plan to do over the summer.

Running Drills are useful for all runners, of all abilities, and ages. It helps to reinvigorate your focus when fatigued during training runs and racing.

Experienced Runners (this does not just mean fast runners): This is the ideal session for you to help you run faster and stronger.

Can a beginner runner do this workshop?

Yes you can, but we will speed through the drills more than our February form workshop for beginners.

Do NOT attend the workshop if you have an injury at the time. This is a practical workshop where you need to be injury free.

UPCOMING EVENTS: FEBRUARY 2016

Running Form Workshop for beginners
Running Form Workshop for intermediate to experienced runners.



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