FROM THE SOLE

Tips to keep you running at your best

intraining
running injury clinic

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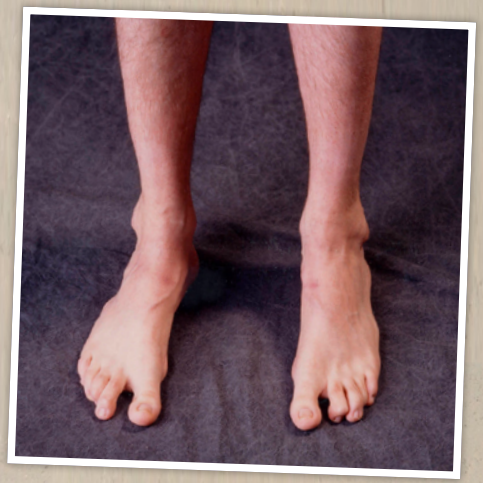
FITTING SHOES TO THE ODD SHAPED FOOT



Oddly shaped feet can create headaches when trying to find the ideal running shoe. The hardest to fit are the long and skinny feet, particularly with kids, and the wide Forefoot (Usually with a bunion) that also has a narrow arch and heel.

The result is a shoe that often has unwanted space allowing the foot to move inside it unnecessarily.

There is a solution, and that is to fill the space. At intraining we stock a sports insole that can be heated and moulded to customise the fit of the shoe to your foot. This is particularly helpful when purchasing children's running shoes that don't offer half sizes.

The running staff at intraining are able to help you with this at the time of purchasing the shoe. If you think there is an underlying biomechanical issue, then it is advised to book in to see one of the podiatrists for a more thorough check of your needs.

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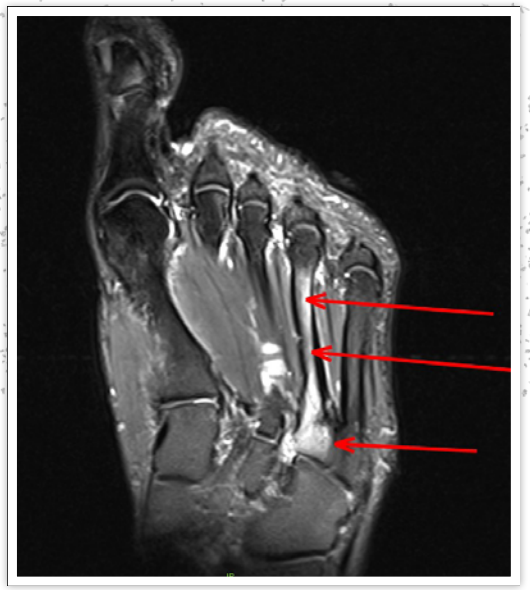
intraining MARATHON SCHOOL 2017

STRESS FRACTURES AND BONE STRESS



WHAT IS A STRESS FRACTURE?

A stress fracture is a hairline crack within the bone. Unlike a complete fracture the break is not displaced and does not go across the whole bone.

Stress Fractures are usually caused by chronic repetitive stress rather than a fracture event like a fall. Most stress fractures in runners are in the shin bone with the metatarsals (bones before the toes) and the heel bone also common.

WHAT ARE THE SYMPTOMS?

Stress fractures are often preceded by progressing bone stress over a period of a few weeks. Bone pain can be intense but usually is described as aching. When running it hurts on impact and gets worse rather than warming up. There is localised severe pain on palpation commonly with swelling over the bone. It hurts to hop but often is fine walking. In some cases there will be pain at night waking you from sleeping.

WHAT CAUSES STRESS FRACTURES?

The most common cause is from overtraining. Most runners have increased or changed their training 5 to 6 weeks prior to the onset of pain. The increased training stimulates the body to try and adapt and grow stronger to deal with the new training load. While the bone is remodelling it is susceptible to a stress fracture if the training is continued at an increasing level. Low bone density can increase the likelihood of a fracture as well as running in worn shoes, excessive downhill running and overstriding. Rigid feet have an increased risk of stress fractures compared to flexible feet.

WHAT DO I DO?

If you suspect you may have a stress fracture you should have it checked ASAP by a Podiatrist. Clinical diagnosis with history and palpation can identify a stress fracture in most cases however you may need to have an MRI to be definitive. Normal X-rays will rarely show a stress fracture and then only after 2-3 weeks.

Treatment involves complete rest from running. Early return before it has healed can restart the rehab time. If you continue to run with a stress fracture it can then lead to a complete fracture.

CONTINUE READING...

HYPERMOBILE KIDS

Have you noticed your child to be clumsy or struggles to participate during sport and play? Do they have poor posture and seem 'floppy'? It could be that they have joint hypermobility.

Joint hypermobility is where an excessive amount of flexibility exists in most or all joints. In this condition, the cartilage supporting the major joints (knees, hips, elbows) tends to be softer and more stretchable than usual. This results in joint instability and altered proprioception (limb position awareness), which can contribute to clumsiness and poor posture. Due to this, children with hypermobility might appear lazy or want to withdraw themselves from sport due to difficulty with coordination.

Unfortunately, withdrawal from physical activity is one of the worst things for the child to do. While entirely understandable – most adults wouldn't persist with pursuing something that is awkward and frustrating – children with hypermobility should be given positive encouragement to undertake small amounts of regular physical activity as sport and play are important for physical and social development. This can also help to build strength in muscles which may help to reduce some of the excessive flexibility.

> *"An excessive amount of flexibility exists in most or all joints."*

HOW YOU CAN HELP:

-Encourage daily physical activity including play time and find sport that your child enjoys – swimming can be beneficial for fitness and improving strength while requiring minimal coordination.

-Age appropriate strength exercises should be used to build strength and improve hand eye coordination: for younger kids- playing leap frog, and climbing on a jungle gym. As they grow older substitute this with tug-of-war and burpees.

For further advice and exercises see the intraining running injury clinic for advice.

Doug James – physiotherapist and podiatrist

FRUIT

Don't underestimate the importance of fruit in the diet, for health and for training. Does fruit contain sugar? Yes, but it is naturally occurring fruit sugar (carbohydrate), not added sugar. Carbohydrate is an important fuel source for sports performance, but fruit provides so much more than just sugar. Fruit is also rich in vitamins, minerals, fibre and antioxidants. Antioxidants help to soak up free radicals which are responsible for oxidative stress and the gradual ageing process.

The Australian Dietary Guidelines recommend that from the age of 9 we should be eating a minimum of 2 serves of fruit per day. A serve is 1 medium piece e.g. banana, apple, 2 smaller fruit e.g. kiwi, plums or a cup of chopped fruit. Eating a rainbow of different coloured fruit will help ensure you provide your body with a variety of different nutrients as different colours carry a unique set of disease fighting phytochemicals, and one of the major functions of phytochemicals is their role as antioxidants.

Fruit is delicious eaten on its own or paired with other foods as part of a meal. It makes the perfect snack e.g. banana pre-run, and it's easy to add a piece of fruit to a lunch box or stir some berries into yoghurt. Try adding blueberries or pomegranate seeds to salads, pairing mango salsa with fish or apple rings with pork. We are very lucky that we have a vast array of different fruits available to us in Australia so why not try something you haven't had before. Recently I have seen in my local fruit shop, dragon fruit, yellow fleshed watermelon and yellow plums.

Liz Lovering -
Sports dietitian, nutritionist, runner, chef and coach.