

FROM THE SOLE

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



Wrong



calluses



intraining

running injury clinic

Podiatry

Physiotherapy

Dietitian

Massage

Pilates

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INVESTING IN YOUR CHILDREN'S FEET

Children's feet are a fascinating puzzle— always growing and changing. At birth, many bones in the feet are undeveloped. They continue to grow and fuse throughout the early years of life, so the alignment and integrity of joints in both the feet and lower legs is highly variable during this time. Smaller bones have just one primary ossification center, whilst larger bones develop with the fusion of a primary and secondary center.

The ossification process results in the bones becoming harder, stronger, less flexible and more resilient to injury. The calcaneus is the largest bone in the foot and ossification typically occurs between ages 10 – 14. During ossification (approx. 6-12 months) the epiphyseal plate (junction between primary and secondary centers) is most susceptible to injury. Sever's Disease (calcaneus), Sinding Larsen Johansson Syndrome (patella) and Osgood Schlatter Disease (tibial tuberosity) are all common apophyseal injuries that affect adolescents during these phases of growth.

Giving your children the best possible start by reducing acute and long-term injury risk and ensuring they're comfortable and able to participate fully in activities

they enjoy can be encouraged by wearing the appropriate shoes.

Whilst it can be tempting for parents to skimp when buying footwear for fear of them growing too much, there really is no



substitute for quality. Spending the time and money to have your child properly fitted for their school and exercise shoes is very beneficial for your child's short and long-term foot health, and can save unexpected and expensive health practitioner bills.

Good quality shoes will typically offer more durable and reliable support and cushioning. Seeking out a store that offers experienced fitting services is very beneficial.

Your child can have the best shoe on offer, but if it doesn't fit them properly, then the benefits are negligible.

Children spend at least 6 hours per day, 5 days each week in their school shoes, so it's very important that they are suitable. Shoes with a leather upper will generally be more durable, and therefore more suited to lunchtime wear and tear. Shoes for running should be lighter-weight with a more breathable mesh upper.

Children who are doing a lot of running should ideally have two different pairs – one for school and another specifically for their running training. Wearing specific running shoes should make their running much easier and more enjoyable. Each pair will then be more suited to all their activities, and by alternating shoes the life of each pair should be prolonged.

Invest some quality time and money into purchasing proper school and running shoes for your children these holidays at intraining.

By Emily Donker
intraining Podiatrist

FUEL YOUR RUN

Our daily food choices provide us with the energy to move and although many nutrients are involved in energy production the two main ones are carbohydrate and fat.

Glucose (obtained from carbohydrate foods) is a very efficient fuel as it can provide energy quickly, without oxygen or when oxygen is a limiting factor (high intensity running). However once we slow down and more oxygen becomes available the contribution of fat as a fuel increases. These different energy systems work together and the body switches pathways according to running intensity and duration. Even the leanest runner will have some fat stores to draw on. However, glycogen (the storage form of glucose) is limited and therefore must be replaced. How much glycogen we need depends on energy requirements and the frequency, duration and intensity of your running. So day to day carbohydrate intake should match the fuel and glycogen refuelling needs of the individual. Glycogen stores can be better maintained by including carbohydrate rich

Food choices

foods over the whole day and around key training sessions. Endurance sessions may also require carbohydrate intake during the session to replace depleted stores of glycogen - carbohydrate gels are a convenient form of carbohydrate for runners to take on the run. Carbohydrates can be found in many nutritious everyday foods such as breads, grains e.g. quinoa, cous cous, breakfast cereals, pasta, rice, starchy vegetables (sweet potato, potato, corn), legumes (beans, lentils), fruit and dairy products such as milk and yoghurt. A varied balanced diet that includes fresh fruit and vegetables, grain and cereal foods (including wholegrains), lean meats, poultry, fish, eggs, tofu, nuts/seeds, and legumes/beans, and dairy and/or alternatives (e.g. calcium fortified soy) is important for runners' health and to fuel their run.

Liz
intraining dietitian, runner and chef

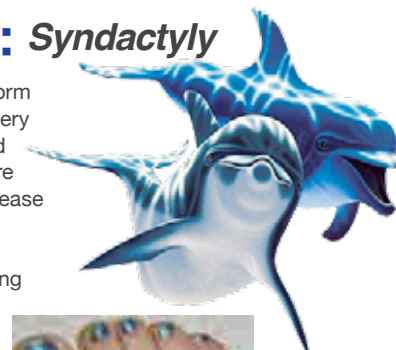
INTERESTING FOOT FACT: Syndactyly

Syndactyly ('webbed toes/fingers') is described as the most common form of limb malformation, though this only typically occurs in around 1 in every 2000-3000 individuals. It usually results during foetal development, and while it sometimes has a genetic cause, it often occurs by chance. There are varying degrees of syndactyly, ranging from a barely noticeable increase in the amount of webbing between toes or fingers, through to a very obvious fusing of the bones and digits.

Most individuals with toe syndactyly have very few problems with walking or running, though it does depend on the severity of the condition. In extreme cases, surgery is required to separate the digits.

Contrary to popular belief, syndactyly probably wouldn't make you a significantly faster swimmer.

By Doug James
intraining Podiatrist and Physiotherapist



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BIG TOE JOINT CALLUS

Callus (thick, hard, dry skin) on the side of your big toe joint can arise from several different causes. The main mechanism involved is pressure and friction on the skin which triggers your body to respond by making thicker skin to protect the area. The pressure and friction that can cause callus is often a result of biomechanical issues such as foot over pronation (rolling in), or excessive stiffness in your toe and/or ankle joint.

Over pronation results in pressure and friction on the big toe as the inside of the foot makes contact with the shoe or ground. When this is repeated frequently enough, callus is formed. Stiffness in the big toe joint and/or ankle are a major factor in developing callus at the big toe joint. Stiffness in these joints mean the usual 'heel-toe' movement of walking and running is much more difficult. As your foot prepares to push off, compensation occurs as a twisting motion resulting in friction.

Other causes of callus formation can be poor fitting shoes, and inappropriate sock material. If left untreated, calluses can become quite painful.



Having your footwear and running technique assessed at the intraining running injury clinic can help to identify the cause of this issue. The podiatrists are also able to quickly and painlessly remove the callus, and recommend solutions to stop it coming back.

By Doug James
intraining Podiatrist and Physiotherapist

CORE STRENGTH

Poor core strength is linked to many running injuries. Improving your core strength can not only help reduce your risk of injury, but has also been shown to improve running performance by up to 1 minute over a 5km race.

A common exercise used for core strength is the plank, though this is often performed poorly and as such can actually have a negative impact on your conditioning by improving the strength of your surface muscles (ignoring the deeper 'core' muscles).



When performed correctly (see the image above) your head should be facing towards the floor, while your torso and legs are fairly straight, with just a small downward curve in your lower back. The image on the lower left shows the hips tilted forwards and the belly button sitting too close to the floor (along with elevated head position as well). This tends to overdevelop the surface muscles in your lower back and fails to engage the core muscles in your stomach.

The image to the lower right shows the hips being raised. Once again, the correct core muscles are being neglected and the hip flexor muscles are primarily being used. In both of the 'wrong' images, the incorrect muscles that are being trained usually results in poor posture and increase your risk of injury.

To ensure you are working your core correctly, join Doug at the intraining Core Balance and Sports & Rehab studio for a pilates class.

By Doug James
intraining Podiatrist and Physiotherapist

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