



FROM THE **SOLE**

Tips to keep you running at your best

NOVEMBER 2017



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running injury clinic

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COMFY FEET = HAPPY FEET

by Emily Donker - intraining podiatrist, coach and runner

How much time do you spend in your running shoes each week? And how much time do you spend in work shoes, casual shoes and barefoot?

When assessing and treating running injuries, optimising comfort and function in your running shoes is often a key component of the resolution. However, a majority of runners will only spend 2-10 hours per week training and wearing their running footwear, and comparatively will work 40+ hours, walking many incidental km's wearing inappropriate footwear or being barefoot at home.

Together with your podiatrist, you should consider your everyday footwear choices. Simple changes can make a big difference to improving injury symptoms and prognosis.

Many different instances of forefoot pain can be more effectively managed with sensible footwear. Below are a list of common injuries with tips on footwear choice to help you manage pain during your day to day life.

COMMON INJURIES AND FOOTWEAR CHOICE TIPS

INFLAMMATORY INJURIES

Inflammatory injuries such as bursitis are aggravated by increased plantar pressure, so it's important to avoid being barefoot and ensure shoes are soft, cushioned. Running shoes and Oofos thongs are great choices.

NEUROMA INJURIES (eg: pins and needles)

A spacious and non-restrictive fit is essential for relieving neuritis issues and Neuroma because tight-fitting shoes will increase pressure to the inter-digital nerves and aggravate symptoms. Footwear should not have any tight straps or lacing across the broadest part of the foot.

BONE STRESS

Bone stress to the metatarsals should be offloaded with correctly positioned support, and in some instances a specific boot.



Alternatively, footwear choices should be as rigid as possible to prevent excessive flexion and torsional strain.

FOREFOOT PAIN

High heels are a particularly damaging choice for all instances of forefoot pain because they significantly increase force and load through the forefoot, so should be avoided when possible.

Remember – comfortable feet are happy feet! If you have a running injury that is causing you pain in your day to day life, visit our podiatry team at the intraining Running Injury Clinic.



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FESTIVE SEASON FOOTWEAR

by Doug James - intraining physiotherapist and podiatrist

Podiatry clinics are often busiest after the holidays with droves of people complaining about their feet that became sore during their time off. All too often, the holiday period sees us trade a suit for beach attire and business shoes for bare feet. While this feels comfortable initially, feet that are used to support and cushioning quickly feel sore and irritated.

Podiatrists will commonly see injuries such as plantar fasciitis (heel pain), and forefoot pain that often arises from holiday makers spending extended amounts of time in unsupportive footwear or bare feet.

PREVENTION IS BETTER THAN THE CURE.

This holiday period make sure you are wearing comfortable and supportive footwear. This doesn't have to be a running shoe (though it is usually a good choice), as sandals and slides such as Birkenstocks are a great option providing arch support. You may find the firmness of Birkenstocks can be a bit uncomfortable (and they are best to avoid getting wet), so consider Oofos as an excellent option.

Made from highly cushioned materials, Oofos slides and thongs are great for casual wear - be it at the beach, or around the home. Whether you are getting away this holiday, or simply enjoying a 'staycation' at home, make sure you look after your feet with Oofos. intraining Running Centre stock a wide range of colours and styles of the Oofos range.

If your holiday feet are experiencing pain and soreness, book an appointment to see us at intraining Running Injury Clinic. The sooner you are able to address your symptoms, the sooner you will be back out having fun on your feet this holiday season.

Top summer tips for happy holiday feet

1. Avoid walking barefoot for extended periods
2. Ensure the arches of your feet are supported
3. Protect your feet with supportive footwear such as Oofos



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CHILLED FESTIVE SOUP DUO

by Liz Lovering - intraining sports dietitian, runner, chef and coach

Christmas is not far away, and the perfect time to serve chilled foods like these soups. Making 2 soups may seem like a lot of work, but they require no cooking, are quick to prepare and look and taste fantastic together. The recipes are based on Gazpacho, a chilled soup from Spain.

Makes 6 serves of soup duo

SERVING SUGGESTIONS AND TIPS

When you are ready to serve, pour both soups at the same time into bowls so you have one side red and one side green. Garnish with fresh herbs and on a very hot day, add a few ice cubes to each bowl. This would make a great meal served with a sandwich, or a stunning first course before Christmas lunch. If serving before a main meal, I would use smaller bowls and then it would serve 8.

NUTRITION

Each soup duo serve contains approximately 20g carbohydrate, 8g protein, 13g fat, 4.5g fibre and 970kJ (230 calories).



GREEN SOUP

INGREDIENTS

- 1 x cup thick Greek yoghurt
- 3 x spring onions, topped and tailed and cut into lengths
- Flesh of 1 x large ripe avocado
- 1 x large continental cucumber, cut into chunks
- Juice of 1 lime
- Handful fresh coriander
- 1 x handful fresh flat leaf parsley
- Handful baby spinach
- Salt and pepper to taste

METHOD

1. Wash the cucumber and herbs
2. Place all the ingredients into a tall container or plastic jug
3. Blitz with a stick blender until smooth
4. Season to taste, cover and chill in the fridge

RED SOUP

INGREDIENTS

- 1 x 400g can Italian chopped tomatoes (or fresh tomatoes, skins removed)
- 3 x spring onions, topped and tailed and cut into lengths
- 1 x large red capsicum
- 1 x slice bread, (I used sour dough) soaked in water for a couple of minutes and gently squeezed
- 1 x tablespoon balsamic vinegar
- 2 x tablespoons extra virgin olive oil (EVOO)
- Handful fresh basil
- Salt and pepper to taste

METHOD

1. Wash the capsicum and herbs
2. Place all the ingredients into a tall container or plastic jug
3. Blitz with a stick blender until smooth
4. Season to taste, cover and chill in the fridge

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