

FROM
THE

SOLE

MAY 2018

Tips to keep you running at your best



intraining
running injury clinic

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SHIN PAIN: HOW DO YOU KNOW WHAT IT IS AND HOW TO TREAT IT?

by Steve Manning - intraining podiatrist, coach and runner

Shin surface anatomy



Shin splints' are a generic term that in most runners eyes can cover any cause of pain in the lower leg. Sports medicine practitioners have needed to develop more specific terms to differentiate conditions that exist in the leg. The new terms try to reflect the tissues affected and their different causes. Accurate diagnosis is vital to successful treatment as different treatments will work for different conditions.

MEDIAL TIBIAL STRESS SYNDROME

Diagnosis

The most common cause of shin pain is medial tibial stress syndrome. This pain hurts along the inside of the shin most commonly in the lower half and isolated to the medial border of the shin bone, the tibia. It is an inflammation of the tibial skin, called the periosteum, where the fascia of the leg attaches. The fascia is the stiff layer of tissue that holds all the muscles in place. Little tears occur along this attachment causing inflammation and pain.

Symptoms

The pain can sometimes hurt after waking or rest but most commonly hurts at the beginning of a run before warming up. When bad it can begin to hurt again at the end of a run and will hurt a lot afterwards.

Treatment

Treatment involves a direct icing technique for a few days with the addition of a gentle distraction massage technique after that time. Screening for any underlying biomechanical causes may be necessary if continued running aggravates the injury. Extended rest is not recommended as the scar tissue may become more entrenched and harder to resolve in the long run.

Prognosis

Prognosis is generally quite good with a significant (greater than 50%) reduction of pain within a week and complete resolution within a month.

STRESS FRACTURES

Diagnosis

Medial tibial stress syndrome that goes untreated may lead to more severe injuries to the bone like bone stress or stress fractures. Stress fractures are most commonly found on the inside (medial) border of the tibia but may also occur on the front (anterior) border. It is often overtraining that occurred more than a month before onset that was the cause of the injury.

Symptoms

Pain usually occurs at the start of a run and gets worse without going away. It can ache afterwards and sometimes the pain will wake you at night. Pain is usually localised to a spot on the bone and may hurt on both borders and the shaft. Normal x-rays may pick up a stress fracture after 3-4 weeks but an MRI is the best scan to use.

Treatment

Unfortunately bone injuries are one of the few injuries that require complete rest from activity. If it is bone stress than after a week there will be significant improvement in point tenderness while a stress fracture will take at least three weeks. With bone stress you can return to running when the pain is gone but stress fractures require 6 to 8 weeks of no running. Once the stress fracture has healed adequately there is less chance of recurrence in the same location.

CONTINUE READING...

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WHY PRACTICE GOOD RUNNING FORM?

By Emily Donker (podiatrist, coach, triathlete)

Everyone can benefit significantly from learning more about, and practicing good running technique. Developing good form encourages better motor patterning and muscle recruitment, which in turn will improve your running efficiency and reduce the risk of fatigue and overuse injuries – particularly with longer and more frequent running.

However, there are very few situations in which you should actually try to change your running technique. Everyone runs differently, and should run differently because of their body structure (amongst other factors).

So... you might ask, why would I participate in a form workshop??

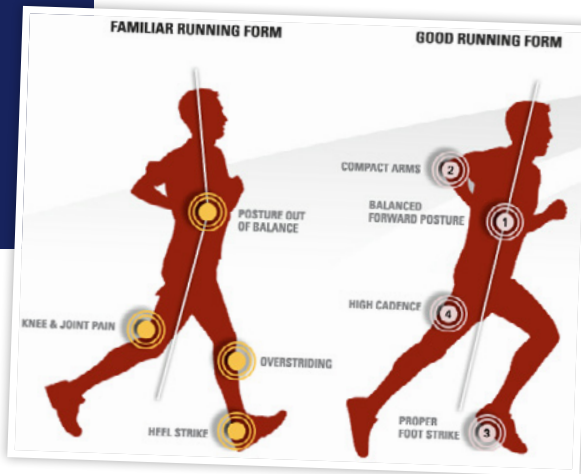
“Running form can be complicated, but it doesn't need to be.”

Learning about good running form, and practicing various different running drills and techniques will provide you with an understanding of the factors that contribute towards good form. Although you might not change your technique per se, you can learn and implement relevant changes to improve your running form and longevity.

Running form can be complicated, but it doesn't need to be. There are three key concepts that running form is based around:

1. Body position/posture
2. Foot strike position
3. Cadence

There are many different theories proposed about what is 'ideal running form' and the 'best way to run', but there is no one way to run that will suit everyone.



It's important to discuss and learn about running form with experienced professionals, with knowledge of running biomechanics, and also of potential structural issues that may prevent certain movements from being possible. The intraining Running Form Workshops are conducted by a team of podiatrists, who are all runners themselves. The team bring a lot of experience in dealing with running-specific injuries, and teaching running form.

By participating in the intraining Running Form Workshop you will improve your knowledge of the components of good running form and learn specific running drills, which will provide you with a better understanding of your own running form and form faults, and help you to develop the confidence and skills to adjust your form on the run for more efficient and enjoyable running.

CONTINUE READING...

*It's never too late to learn how to run 'right'.
29th July 2018. Spaces are limited.*

Find out more,

click here

29 JULY 2018

- Only 60 spaces available
- Learn how to run the right way
- Conducted by podiatry, physiotherapy and running coaches

Find out more



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SHIN MUSCLE STRETCHES

by Doug James - intraining physiotherapist and podiatrist

A question commonly asked in the intraining Running Injury Clinic is “what is a good stretch for shins?” For those that are new to running, or have increased the amount of hill running, the muscles at the front of the shin can become tight and sore, and the natural response to this is to want to stretch it.

The following stretch may help

1. Sit in a kneeling position with your feet pointed behind you.
2. Lean back to sit on your heels – you should start to feel a stretch in the front of your shins. Hold this for 30 seconds.
3. Leaning your torso backwards can help to also stretch out your front of hip and thigh muscles.

Tight and sore shins are often a sign of other issues, and should be addressed rather than simply treating the symptoms. Running with a pronounced heel strike will affect the shins causing the muscles to fatigue from overuse. Pain may also develop here if your shoes are too stiff, or offer insufficient pronation support.

For a thorough assessment and treatment of shin, leg or other lower limb injuries, book to see the podiatry and physiotherapy team at intraining Running Injury Clinic. For bookings phone 3367 3088, or online at <https://intraining.com.au/appointment/>



Sore shins? We can help. **book here**

CAN SHOES REALLY MAKE ME RUN FASTER?

by Margot Manning intraining podiatrist and running coach (children & adults)

This is such a common question. You need to know that nothing can make you run faster more effectively planned training... BUT... the correct pair of running shoes for you and a lighter pair of running shoes can definitely make a difference to how easily you can run.

“Put these four factors together with the shoe and you could soon be running new PB’s”

THE FOUR MAIN BENEFITS OF A LIGHTER SHOE FOR FASTER RUNNING ARE:

1. More responsive feedback from the ground
2. Less cushioning thickness for your foot to work through
3. Co-ordination – the faster you run the more co-ordinated your body moves, and the less structure you need at your feet.
4. You feel light, fast and ready to go!

Choosing your second shoe can be daunting where there are so much to choose from. Every footwear brand has a range of shoes from the long run shoe down to the racing shoe.

HOW DO YOU CHOOSE THE RIGHT SHOE?

Most recreational runners would use the light training shoe rather than the racing shoe as their second shoe. It is good to always try to run in them when buying them to see the difference between these and which one you feel the best in.

At intraining Running Centre, our staff are all runners and have an understanding of how each of the lightweight running shoe alternatives can not only help you run faster, but will also complement your current training shoes.

TIP: Bring in your current running shoes and our staff can help you find a lightweight alternative that will be ideal for setting your next PB

CLOSING DOWN

SALE

ALL STOCK MUST BE CLEARED

Up to 70% off footwear & 50% off apparel
Starts 26 May 2018 – Ends when the doors close in June 2018

Indooroopilly store only



intraining
the running store run by runners

VEGETABLE SOUP WITH CHICKEN, QUINOA AND LENTILS

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

Soups can make a great recovery meal especially after winter evening training and are a good way to use up leftover chicken or meat. **Serves 4**

SERVING SUGGESTIONS AND TIPS

You can replace the chicken with cooked beef or pork. Of course, many different vegetables can be used in a soup, but to keep this soup low FODMAP*, keep to the recipe. Serve with bread to increase the carbohydrate content

NUTRITION

* FODMAPs are a collection of short-chain carbohydrates (sugars) that aren't absorbed properly in the gut, which can trigger symptoms in people with irritable bowel syndrome (IBS). FODMAPs are found naturally in many foods and food additives. 2017 Monash University. <https://www.monashfodmap.com>

This soup contains a mix of carbohydrate and protein and is a low FODMAP recipe if you use just the green tops of the spring onions and a low FODMAP stock. Each serve contains approximately 22g protein, 12.5g fat, 24g carbohydrate, 8g fibre and 1,300kJ (300 calories).



INGREDIENTS:

- 2 Tablespoons extra virgin olive oil (EVOO)
- ½ bunch spring onions chopped (green tops only for low FODMAP* soup)
- 125g cabbage, common, washed and chopped
- 1 medium carrot, washed and cut into bite sized chunks
- 1 small swede, peeled and cut into bite sized pieces
- 100g green beans, washed, topped and tailed and cut into bite sizes
- 400g can chopped tomatoes
- ½ cup (90g) quinoa, rinsed and drained
- 1L vegetable stock (Massel stock powders are low FODMAP* certified)
- Small handful fresh oregano, washed and chopped
- ½ a 400g can lentils, rinsed and drained
- 1 small zucchini, washed and cut into bite sized chunks
- 200g cooked leftover chicken, chopped
- Handful fresh basil leaves, washed and torn

METHOD:

1. Heat EVOO in a large saucepan and cook the spring onion for 2-3 minutes
2. Add the cabbage, carrots, swede, green beans, chopped tomatoes, quinoa, stock and oregano
3. Stir well, bring to a simmer and cook for 10 minutes
4. Add the lentils and zucchini and cook for about another 5 minutes until the quinoa is tender
5. Add the cooked chicken and basil leaves and continue to cook until the chicken is heated through
6. Season to taste with freshly cracked black pepper

Get the most out of your body
Make an appointment to see our sports dietitian, Liz Lovering.

Don't let the wrong shoes stand in the way of a good run.

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