



SEPTEMBER 2016

## Running Tips For Beginners

ALBANY CREEK PHYSIOTHERAPY

If you've just taken up running, you probably think that getting started is simple - you just run as far as you can and then run further the next time. Like most things, the reality is a little more complicated. Here are some tips to make the most of your running program and avoid injury.

### 1. Don't overdo it.

Rest is actually a big part of a training program. Your body needs time to recover and rebuild muscle. Not giving yourself adequate time to rest leads to greater risk of injury and you won't improve as quickly as you might think. Aim to run three times a week.

### 2. Don't forget strength training.

Even if you're trying to improve endurance, surprisingly, increasing strength can make a big difference. Particularly if you focus on specific muscles that may be weaker on one side of the body. This is also an important part of injury prevention. Your physiotherapists can help you to identify any weak muscles and

develop a strengthening program.

### 2. Your shoes and running surface matter.

Running on hard or uneven surfaces leads to a greater risk of injury than running on grass, which allows for a more natural distribution of forces through your foot. Having shoes that fit your foot properly and also provide necessary support is an essential part of your injury prevention plan.

### 1. Listen to your body.

As you improve and push your abilities forward there will be many aches and pains. Most will only last for a day or two and DOMS (delayed onset muscle soreness) is a normal if not annoying part of getting stronger. However, if pain feels more serious, lasts for more than 48 hours or is preventing you from running speak to a professional as soon as possible. Running injuries do happen and can take a while to resolve. Early treatment is the best option for good outcomes.

**Speak to your physiotherapist for more practical tips on how to improve your running and prevent injuries.**



## Brain Teasers

1. There are three houses, one is red, one is blue and one is white. If the red house is to the left of the house in the middle, where is the white house?

2. Which word if pronounced right, is wrong, but if pronounced wrong is right?

3. A milkman has 2 empty jugs: a 3L jug and a 5L jug. How can he measure exactly 1L without wasting any milk?

## PhysioTip

Treat finding time for exercise to be as important as finding time to brush your teeth and make it a habit you can't break.

# Common Running Injuries

Running is a great way to stay in shape, manage stress and increase your overall wellbeing, however it's not without its drawbacks. While being a low risk activity, there are a few injuries that commonly affect runners. As running is a repetitive impact activity, most running injuries develop slowly and can be difficult to treat. Here are three of the most common conditions faced by runners.

## 2. Runner's Knee:

Runners knee is a persistent pain on the inside of the knee caused by the dysfunctional movement of the kneecap during movement. The kneecap ideally sits in the centre of the knee and glides smoothly up and down as the knee bends and straightens, in a

process described as tracking. If something causes the kneecap to track abnormally, the surface underneath can become worn, irritated and painful. The pain might be small to start with, however left untreated, runner's knee can make running too painful to continue.

## 2. Shin Splints:

Shin splints is a common condition characterised by a recurring pain at the inside of the shin. While the cause of this condition is not always clear, it is usually due to repeated stress where the calf muscles attach to the tibia (shin bone). Why this becomes painful is likely due to a combination of factors that can be identified by your physiotherapist to help you get back on track as soon as possible.

## 3. Achilles Tendonitis:

The Achilles tendon is the thick tendon at the back of the ankle that attaches to the calf muscles. The

amount of force that this tendon can absorb is impressive and is vital in providing the propulsive force needed for running. If the stresses placed on the tendon exceed its strength, the tendon begins to breakdown and become painful.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.



SHIN SPLINTS

# Cranberry & Mixed Seed Slice

### Ingredients

- ¼ cup honey
- ½ tsp vanilla extract
- ¼ cup almond meal
- ¼ tsp salt
- 1 tbsp almond butter
- ½ cup dried cranberries
- ¾ cup shelled pumpkin seeds.
- 2 tbsp poppy seeds

### Brain Teaser Answers:

1. Washington DC
2. Wrong
3. The milkman filled the 3 L jug and then emptied the contents into a 5L jug. He then filled the 3L jug again and continued to fill the 5L jug until it was full. The remaining milk in the 3L jug is precisely 1L.



3. Preheat oven to 150°C, line a baking tray with baking paper and set aside.
4. Mix honey, vanilla essence, almond meal, salt and almond butter together until combined. Fold in the almonds, dried cranberries, and pumpkin seeds until mixed well.
5. Place mixture in baking tray and press firmly into an even layer, packing as tightly as possible. Bake for 20-24 minutes.
6. Remove from oven and allow to cool to room temperature for at least an hour. Once cool, place slice into the refrigerator to chill for another hour.

Cut into squares and serve.

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