

ARTHURS POINT - NEW ZEALAND

OCTOBER 2024

## Physio Tips for Better Running

**Distance running can be a surprisingly complicated sport. In this article, we offer some words of wisdom from our physiotherapists to help you get the most out of your training and avoid injuries.**

### **Choose your shoes carefully:**

Repeated stress from running long distances will show up any biomechanical flaws in your body relatively quickly. Choosing the wrong shoes can exacerbate an existing problem causing pain and injury. Your physiotherapist can guide you on what style of shoe will best suit you.

### **Don't neglect your upper body:**

While running can appear to be a purely leg based activity, increasing the strength and mobility of your upper body can have a surprisingly large impact on your posture, running style, breathing and overall performance.

### **Find time to train strength as well as endurance:**

Your body is great at finding ways to compensate for weak muscles, however, over time this can lead to overuse injuries of tendons and muscles. Identifying any areas of weakness early and specifically strengthening these muscles can both improve your running and help keep you injury-free.

### **Pace your progress:**

Entering an event is a great way to set a specific goal and keep you motivated. While trying to increase distances and speed, it is easy to forget to include rest days as a part of your routine. Your body needs time to recover and restore itself, just as much as the active portions of your training program.

Increasing your speed and distances gradually also allows your body to adapt to new demands without breaking down.



### **Enjoy your training and listen to your body:**

Your body will guide you as to when you need to rest and when you can push a little further. Training will be more enjoyable when you are well-rested and pain-free. Most importantly, if you are able to enjoy your runs, this will help you maintain motivation over a longer period of time, so you can continue for many years to come.

### **Ask your physiotherapist for more tips on how to reach your running goals while staying injury-free.**



## Brain Teasers

There are 10 people in an empty, square room. Each person has full sight of the entire room and everyone in it without turning his head or body or moving in any way (other than the eyes). Where can you place an apple so that all but one person can see it?



# Focus on Shin Splints

## What is it?

Shin splints, are a painful condition of the lower leg, also known as Medial Tibial Stress Syndrome, it is an overuse injury that causes pain along the inside of the tibia or shin bone. It is a common condition in runners, hikers and soldiers who march long distances.

## What are the symptoms?

Shin splints are typified by persistent leg pain, usually the inside of the shin, halfway down the lower leg. The pain might be felt during exercise or directly after. Some people experience a dull ache over their shin that lasts for quite a while after exercise stops, while for others the pain may be sharp and fade quickly. The pain is often progressive, becoming worse with shorter distances. Eventually, shin splints can severely impact activity levels as the pain becomes too severe to continue exercising.

Shin splints can be extremely painful and very disruptive to activity levels. As the pain usually starts gradually and progresses many people find themselves unable to continue

training, shin splints may also progress to stress fractures if not diagnosed early and managed effectively.

## How does it happen?

Shin splints are predominantly seen in runners who increase their distances quickly, often while training for an event. Activities that require repetitive weight-bearing of any kind, such as marching or high impact sports have also been shown to cause shin splints. Although the pathology of shin splints is unclear, studies have been able to identify certain risk factors that may predispose someone to shin splints. These include;

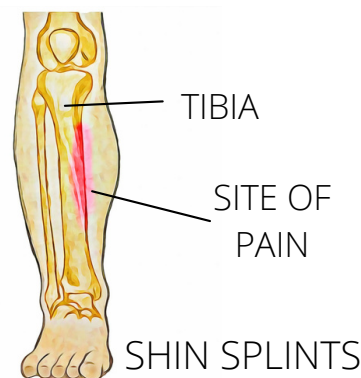
- An abrupt increase in activity level
- Improper footwear and support
- Higher BMI
- Training on hard or uneven surfaces
- Tight calf muscles
- Flat feet
- Increased external rotation range of the hips
- Females are more likely to develop shin splints than males.
- Prior history of shin splints
- Wearing or having worn orthotics

## How can physiotherapy help?

The first step for your physiotherapist will be to address any contributing factors and help

to adapt your training program to a level that is optimum for you. A period of relative rest may be recommended along with a targeted strengthening and stretching program for any tight or weak muscles. Switching to low-impact activities such as swimming, cycling and yoga may also help to maintain fitness during recovery. Your running technique will be analyzed and any training errors may be corrected. When getting back into your training routine, it is usually recommended that distances are not increased by more than 10% per week as this allows the tissues of the body to react to the increased demands and adapt accordingly.

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



Answers: 1. On top of one person's head

## Sweet Potato & Carrot Cake

### Ingredients:

- 2 cups Plain Flour
  - 1 tsp. Baking Powder
  - 1 cup Sugar
  - 1 Egg
  - 1 Sweet Potato, roasted and mashed
  - 2 Carrots, grated
  - 1 cup Milk
  - 1 tsp. Ground Cinnamon
  - 3 Tbsp. Butter
- Icing*
- 1/2 cup Icing Sugar
  - 1 cup Plain Greek Yoghurt, strained
  - 1 tsp. Vanilla Essence



1. Preheat oven to 180d °C and grease a medium-sized cake tin.
2. Combine butter, cinnamon, carrots, sweet potato, eggs, milk, sugar and baking powder in a medium-sized mixing bowl and mix thoroughly.
3. Add flour and stir into the mixture until a smooth batter forms.
4. Add mixture to cake tin and bake for 35-40 minutes. Use a skewer to check when the centre of the cake is cooked.
5. To make the icing, take strained yoghurt, vanilla essence, butter and sugar and mix with an electric hand mixer until the icing is thick and smooth with no lumps. Place in fridge to set while the cake is baking.

Allow to cool, ice and serve when ready.



## Our Locations

### Camperdown

Robinson Street, Camperdown 3260

Monday 9am - 12.40pm

Thursday 9am - 4pm

Friday: 1pm - 5pm

### Terang

129a High Street, Terang 3264

Monday 2pm - 5pm

Tuesday 10am - 4pm

Wednesday 9am - 2pm

Friday 9am - 12.40pm

For Appointments Call  
(03) 5593 3387

[westerndistrictphysio.com.au](http://westerndistrictphysio.com.au)