



10 Ways to Minimise Running Injury!

- 1** Poor biomechanics are the root of a lot of running injuries. Your local Chartered Physiotherapist can perform a detailed biomechanical assessment to identify any such problems that could lead to injury, such as fallen (over pronated) or high (supinated) foot arches. You will be advised about the best running shoes for your foot type, specialist sports shoe shops can also be of help in matching your foot type to the right running shoe.

The 10% rule

- 2** Follow the 10% rule; never increase your mileage by more than 10% in a week and never increase both speed and distance in the same week

Warm Up

- 3** Make sure to warm up adequately before exercising. This prepares the body for training by increasing your heart rate, flexibility and body temperature. A dynamic warm up should include gentle jogging, stride outs and drills such as heel flicks, high knees and trunk twists.

Cool Down

- 4** Cool down properly after your run; this should include some static stretches and foam rolling of key muscle groups; quads, hamstrings, calves, hip flexors and gluts, holding each for approximately 15-20 seconds and repeating 2-3 times. This will minimise the onset of muscle soreness and prevent muscles from getting tight which over time may lead to injury.

R&R

- 5** Rest and Recovery- Every runner requires 1-2 days' rest per week. Rest days allow your body to refuel and recover. If you don't rest you put yourself at risk of overtraining syndrome. Difficulty sleeping, an elevated Heart Rate, and darker urine are all signs of a burnt out engine

Listen to your body

- 6** If you feel a niggle get it assessed and treated prevention is better than cure but addressing problems quickly minimises their impact on your training.

Variation

- 7** Vary your running surface and direction- One of the most common complaints for beginners is shin splints and it is usually as a result of too much, too soon, but the surface you run on also plays a large part. Smooth, soft surfaces, such as trails and running tracks are far less stressful.

Get the Foundation Right

- 8** Get the foundation right- Common areas for runners injuries stem from poor core stability, hip function and muscular imbalances. Include resistance, core or Pilates training to get the foundation right and minimise lower back, hip and knee injuries. Remember it is easier to prevent an injury than cure it!

Roll it out

- 9** Roll it out- The foam roller is a simple piece of equipment which allows you to use your own body weight to deliver a deep tissue sports massage. Regular foam rolling stretches muscles, breaks down scar tissue and soft tissue adhesions.

Be Patient

- 10** Be patient and set realistic goals- Goals are important if you want to succeed but unrealistic goals have the opposite effect. Pushing your body too hard will lead to muscle and joint injuries and injuries cause frustration. Focus on the benefits of exercise; improved self-confidence, reduced stress levels and improved cardiovascular health.