



Self care tips on Running away from trouble



1.) SINGLE LEG CONTROL

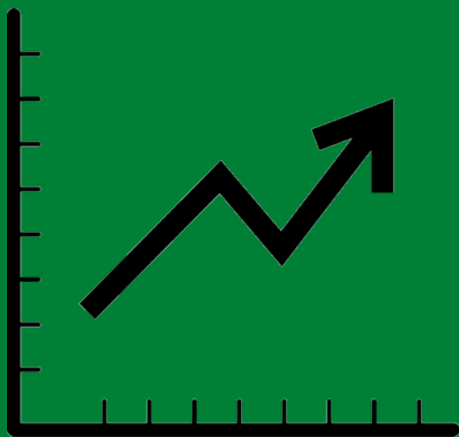
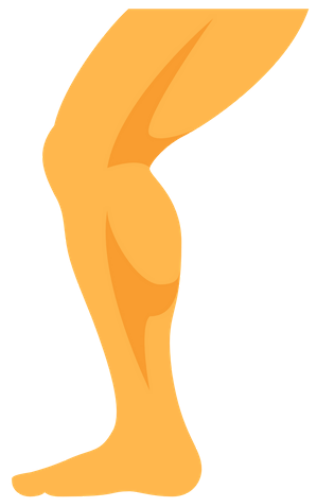
Every stride we take involves landing on one leg. Have you trained your body to be able to stabilise and absorb impact on one leg? How much impact can your body tolerate before it starts to give out?

Suggested fundamental movement : Single Leg Squat

2.) CALF/POSTERIOR CHAIN STRENGTH

The Calf Muscles (Gastroc & Soleus) combined produce forces between 6-8 times body weight during running. To be able to produce this force consistently we need to have a base level of strength, this further reduces risk of injuries such as Achilles Tendon overload

Suggested fundamental movement : Seated & Standing Loaded Calf/Heel Raises



3.) LOAD MANAGEMENT

With extra time on our hands its important not to dramatically increase volume of running in a short space of time. Gradual and measured progression of training volume/load has been shown to dramatically decrease the risk of injury

Suggested action : keep a diary of what you do, and consider how much you are doing week on week

4.) RUNNING SURFACE

If you are used to running on grass or a track then it is best that you try to remain consistent in this regard where possible.

Once again, gradual change allows the body to adapt, but if you transition from grass/track straight to road running there is a high risk of developing foot, shin and knee issues due to the sudden change



5.) IF YOU ARE HAVING PROBLEMS, SEEK ADVICE SOONER RATHER THAN LATER

We offer a fully integrated & secure Telehealth Video Consultation Service.

The right advice at an early stage can quite often be sufficient to steer you in the right direction & away from injury. The longer an injury is left to develop, quite often other structures can become implicated through compensatory movements & leave a much bigger puzzle to solve & longer periods at a reduced training load.

IF YOU HAVE QUERIES IN RELATION TO THE ABOVE, OUR TEAM ARE HERE TO ANSWER YOUR QUESTIONS

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