

# 5 Reasons to Stay Active

*The benefits of keeping active may seem obvious, yet it can't hurt to be reminded of the many ways exercise can improve your life. Here are 5 of our favourite reasons to get moving and stay active.*

## **1. Exercise improves energy levels.**

Improving your fitness means your body is capable of achieving more for the same energy expenditure. While doing exercise can make you tired in the short term, regular improvements to your fitness will help you get more out of your body each day.

## **2. Exercise can help to reduce stress.**

If you are stuck in a state of stress or panic, exercise can help you move out of it into a calmer and more relaxed state, improving your mood, concentration and sleep.

## **3. Exercise and hobbies can help you build connections and community.**

Making new friends as an adult can be surprisingly difficult and the importance of connection and community is being recognised more as being essential for overall wellbeing. Being part of a team, or club is a great way to build confidence, meet friends as well as keeping active.

## **4. Exercise keeps your muscles, tendons, joints**

**and bones healthy.**

Our bodies are often compared to machinery or car parts. However, there are some crucial differences between our bodies and machines, including the fact that our bodies respond to exercise by becoming stronger and healthier, rather than being worn out. One of the best ways to prevent osteoporosis is through regular high impact activity, which stimulates bone growth.

## **5. Exercise can help to reduce injuries.**

Similar to the previous point, tissues that are used regularly are stronger, more elastic and are less likely to tear or break when under stress. Regular exercise is the best way to keep your body in a healthy state and prevent injuries.

Finding the right exercise for you can be tricky, when you [book](#) with your [local](#) physiotherapists, they can help you with suggestions based on your ability and skillset.

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

---

# **5 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.*

## **1) 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 worsen an existing problem causing pain and injury. Your physiotherapist can guide you on what style of shoe will best suit you.

## **2) 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.

## **3) FIND TIME TO TRAIN STRENGTH AS WELL AS ENDURANCE**

- Your body is great at finding ways to compensate for weak muscles, however, overtime 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.

## **4) 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.

## 5) ENJOY 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.

Contact your local [clinic](#) to make an [appointment](#) with one of our Physiotherapists to discuss how you can reach your running goals while staying injury-free.

*None of the information in this article is a replacement for proper medical advice.*

---

# The Principles of Sports Nutrition for Endurance Runners

Endurance runners have one thing in common... they all do large amounts of training to achieve their personal best!

So what makes one runner better than another if they are all just as fit, disciplined and motivated? Their nutrition! Long-distance runners literally are what they eat in combination with of how hard, but more importantly, how efficiently they train, including how well they recover between training sessions. Performance-enhancing shoes, clothing, and sporting equipment can all be bought at a price, but overall health, energy and performance outcomes can only be impacted by nutrition. Achieving the most suitable body composition can also bring many advantages to an individual's performance and this again can be manipulated by diet. It is essential that all runners understand the importance of nutrition as well as hydration and put just as much effort into their diet as they do into their training.

## **Pre-Competition Nutrition**

Carbohydrate loading is a well-known practice believed to enhance sports performance. There are many proposed theories about the best way to carbohydrate load and this has changed significantly over the years since it was discovered that muscles could actually store more carbohydrates by overloading without having to deplete their stores first. The importance of consuming sufficient carbohydrates prior to competition is to ensure the muscles are primed for energy release and also have sufficient energy stores to continue to function at an optimal level until they are re-fuelled.

Many studies have examined the effect of combining carbohydrates with protein during the pre-competition phase for enhanced performance although this theory has proven ineffective at improving competition performance beyond what can be achieved when comparing the effect of supplementing carbohydrates alone. Alternatively, some studies have shown that a combined carbohydrate and protein intake during this pre-competition phase may enhance muscle recovery by having protein more readily available in the muscle.

The optimal amount of carbohydrate recommended pre-competition varies according to the distance of the race. For marathon runners, around 7-8 grams per kilogram of body weight is recommended per day for 24-48 hours prior to competition with a tapered training load to ensure maximal storage in the muscle. It is important that the triathlete seeks individual dietary advice from an Accredited Practising Dietitian (APD) if they are struggling with achieving optimal body composition and weight management rather than just reducing carbohydrates and energy intake to compensate. Insufficient energy intake may result in persistent fatigue, poor health, and immunity, delayed recovery plus increased risk of injury.

On the day of competition, it is advised to consume 1-2 grams carbohydrate per kilogram of body weight within 1-4 hours of competition and this may either be low or high GI foods depending on the athletes rate of digestion (in combination with nerves) as they may experience stomach upsets so ensure these foods are low in fat and fibre.

## **Nutrition during Competition**

It is important to refuel the muscles during a marathon to prevent 'hitting the wall' and this is most easily achieved by using a combination of sports drinks and gels. The amount of carbohydrate required will vary between 30-60 grams of carbohydrate per hour. A Dietitian can help you to plan your race nutrition plan effectively before your event so you can assess your tolerance to food and drinks and still ensure to meet your carbohydrate and fluid requirements.

## **Nutrition for Recovery**

Immediately post-exercise, there is a 'window of opportunity' for enhanced recovery by consuming 1-1.2 grams of carbohydrate per kilogram of body weight in combination with 15-25 grams of high-quality protein within one hour of completing exercise. This is when the rates of glycogen and protein resynthesis are

greatest although this process may continue for 24-48 hours post-exercise. The types and forms of foods consumed during recovery will depend on athlete's tolerance, food availability and accessibility as well as the athlete's overall daily energy requirements. Recovery nutrition provides benefits such as allowing greater body adaptations to train to become fitter, stronger and faster, plus refueling the muscle and liver glycogen stores, repairing muscles, enhancing immune response and replacing fluid and electrolyte losses. Long-distance runners should aim to consume 125-150% of their estimated fluid losses (as determined by weight loss on scales) within 4-6 hours post-competition and include around 50-80mmol/l of sodium to enhance rehydration.

By Kristen Adams – Accredited Practising Dietitian

[Peninsula Physical Health and Nutrition \(PPN\)](#)

[Book today with Kristen Adams at Langwarrin Sports Medicine Centre](#)

Ph: 03 9789 1233

---

# What to do about pain at the front of your ankle?

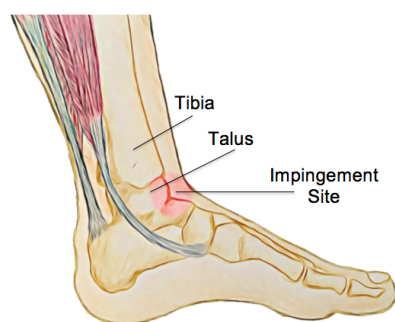
Anterior ankle impingement, also known as anterior impingement syndrome, is a musculoskeletal condition where repetitive forces compress and damage the tissues at the front of the ankle, causing pain and stiffness.

It is a common injury that can affect people of all ages, however is usually seen in athletes of sports involving repetitive or forceful upward movements of the ankle, such as sprinting, landing from long jump, uphill and downhill running.

## What are the symptoms of an anterior ankle impingement?

Pain at the front of the ankle is the primary symptom of anterior ankle impingement. This can be felt as an intense, sharp pain occurring with movements or a dull ache in front of the ankle following periods of exercise. Pain can also be felt when putting weight through the ankle while standing, walking or running. Night-time aching, stiffness, swelling and reduced flexibility are also common symptoms.

## How does it happen?



Anterior ankle impingement is caused by traumatic or repetitive compression to the structures at the front of the ankle as the tibia and talus move towards each other during movements. The tissues that are affected become damaged and inflamed, causing the pain typical of ankle impingement. Chronic inflammation can lead to further stiffness, exacerbating the impingement process.



The most common risk factor for this injury is a previous ankle sprain that was not adequately rehabilitated, as this can result in a stiff or unstable ankle. Another cause of impingement is the growth of small osteophytes or bony spurs around the ankle joint that press against the nearby soft tissues. These can be due to osteoarthritis or grow as a reaction to impingement itself. Training errors, muscle tightness, unsupportive footwear and a hypermobile ankle have also been shown to be risk factors for anterior ankle impingement.

## **How can physiotherapy help?**

Depending on the cause, mild cases of anterior ankle impingement usually recover in one to two weeks with rest and physiotherapy intervention. For more severe impingement, the ankle may require up to six weeks of rest and rehabilitation to recover. In rare cases, surgical intervention will be required to remove any physical causes of impingement, such as osteophytes to restore impingement free movement of the ankle.

Your physiotherapist will first identify the cause of your impingement and help you to choose the best course of action to reduce your symptoms. They are able to advise you on the appropriate amount of rest and provide stretches and exercises to restore strength and flexibility to the ankle.

Mobilisation techniques and range of motion exercises can also reduce stiffness, restoring normal joint movement. Moreover, balance and proprioception exercises are included to prevent further injury. Balance exercises challenge the way your body reacts to outside forces. With this, your balance will be improved, and you'll have a more stable ankle.

Ideally, physiotherapy treatment is the first step before considering surgery. If surgery is required, your physiotherapist can help you to make a full recovery with a post surgical rehabilitation program.

For more information or to make an appointment you can [BOOK ONLINE](#) or call your [local clinic](#).

---

# What every runner should know about long distance running in the heat

Whether you run for general fitness or are training to compete in long distance, running in summer can be a dangerous game.

Little niggles and aches felt in your foot or calf can result in something much more when you are dehydrated or excessively fatigued by the heat.

So how can you keep getting the most out of your training in the hot weather? [Therese Stegley](#), Physiotherapist from our [Langwarrin](#) clinic gives us her tips for long distance running over the summer months.

## What evidence is there?

Exercising in hot weather induces thermoregulatory and other physical strains on the body that can lead to an actual impairment in your exercise endurance capacity (*Racinais et al, 2015*).

One of the most important tips to reduce physiological strain and optimise your performance is to 'acclimatise' or 'get used to' to the heat. You wouldn't run regularly in Melbourne winter and then hop on a plane to the Bahamas and run in 42°C and expect to be okay?!

It takes time for our body to get used to change. Heat acclimatisation involves repetitive exercise completed in heated environments over a minimum of 1-2 weeks (Nybo, Rasmussen & Sawka, 2014). Also, it is imperative to account for longer recovery periods between exercise compared to other times of the year in order for the body to adequately hydrate and cool (Nybo, Rasmussen & Sawka, 2014).

## **Tips to combating fatigue**

### **Planning**

Plan your run in areas known for adequate shade, aim to run early the morning or after dusk if there is a cool change. Keep in mind, most fun runs and marathons begin early in the morning for this very reason!

### **Hydration**

Stay hydrated not just during and after your long run but also the night before.

### **Stretch**

Being dehydrated and over-training can lead to tightness in the muscles and stiffness in the spine which can ultimately alter the way we walk and therefore run. Remember: each stretch should be held for a minimum of 20-30 seconds. Do not continue stretching if there is significant pain. Never bounce or force your body to stretch.

Click [here](#) for a great stretching program from [www.runnersworld.co.uk](http://www.runnersworld.co.uk).

For more information or to make an appointment, you can [BOOK ONLINE](#) or call your [local clinic](#).

## **References**

- Nybo L, Rasmussen P, Sawka MN. Performance in the heat—physiological factors of importance for hyperthermia-induced fatigue. *Compr Physiol*. 2014;4:657–689
- Racinais, S., Alonso, J.-M., Coutts, A. J., Flouris, A. D., Girard, O., González-Alonso, J., ... Périard, J. D. (2015). Consensus Recommendations on Training and Competing in the Heat. *Sports Medicine (Auckland, N.z.)*, 45(7), 925–938. <http://doi.org/10.1007/s40279-015-0343-6>
- Rowell LB. Human cardiovascular adjustments to exercise and thermal stress. *Physiol Rev*. 1974;54:75–159
- 

# **Do I have a stress fracture?**

## **WHAT IS A STRESS FRACTURE?**

A stress fracture is a fracture of the bone that is so small that it often cannot be picked up on X-ray. If left untreated, a stress fracture can cause significant disability and develop into a full fracture, possibly even requiring surgery.

The majority of stress fractures occur in the lower limb, being particularly common in the hip, shin and foot at points where the most force passes through when weight bearing. Stress fractures are most commonly due to increased loading which a person is not conditioned for i.e. starting a new sport or building up running distance or speed too quickly by either runners or in pre-season for team sports.

## **What are the symptoms?**

As with many overuse injuries, the pain of a stress fracture starts gradually, beginning with pain during or after activity or sometimes the morning after. If activity continues without

modification, the pain will gradually increase. Eventually most people are unable to maintain their usual activity level.

Pain (ache) is common at night in bed, and is typically easily reproduced on a hop or jump. Stress fractures are very common in sports that involve the repeated impacts of running and landing such as running, basketball, netball and football (AFL). A stress fracture will be more likely to occur in a person who has weaker bone strength, such as someone with osteoporosis, which is itself affected by many factors such as adequate calcium intake, vitamin D deficiency and a history of inactivity.

## **How are stress fractures treated and how long will it take to get better?**

Stress fractures can easily be mistaken for other conditions such as shin splints. As the fracture is often too small to show up on X-ray, definitive diagnosis can be made using MRI or bone scan.

After diagnosis, the most important part of treatment will be resting the area to allow the bone to heal before resuming activity. Stress fractures usually need at least 6 weeks to recover fully. Some areas of the body have poor blood supply, which makes healing more complicated. For example, stress fractures of the navicular bone of the foot may need to be kept still and placed in a boot or cast for a period of time to heal properly.

Other aspects of treatment will involve correcting any factors that contributed to the original injury. There is some evidence that unsupportive footwear is a risk factor, along with poor biomechanics and weak muscles that provide inadequate support to the skeletal system during activity.

If you suspect you may have a stress fracture, would like to learn more or to book a consultation with a Sports Physiotherapist, please contact our team at your [local clinic](#).

*None of the information in this article is a replacement for proper medical advice. Always see a medical professional, if in doubt, for advice on your individual injury.*

---

# Get the most out of your running: quick tips for every type of runner

Running season is sprinting towards us, and what better time to improve efficiency, technique and personal best's.

[Danielle Galley](#), Physiotherapist at [Rosebud Physiotherapy Clinic](#), gives us some quick tips for minimising running injuries.

Running is a versatile activity that is enjoyed across a lifespan by many individuals, whether it be for general fitness, to compliment other sporting pursuits, or for competition.

Current research suggests that 30-75% of runners are injured annually, where a variety of factors such as fatigue, deficits in strength, biomechanics and inappropriate training load have been found to be strongly related. It is important to note that every runner is an individual, and that one 'size fits all' does not apply, so seek guidance from your Physiotherapist for management for your own specific needs.

## **Avoid over striding and increase step rate**

Over striding, where a runner increases their step length to reduce their step rate, has been found to be less energy efficient than shorter, more frequent steps. Longer strides

have been shown to have greater ground reaction forces, which has been linked to knee joint stress and injury. Increased step rate actually reduces the forces.

### **Take wider steps**

A smaller step width when running, or a 'crossover' pattern, where one leg crosses midline has been associated with common runners specific overuse injuries such as shin splints and knee pain.

### **Aim for shoes with a heel height of approximately 10-12 mm**

Traditional running shoes may range from 8-12 mm, whereby the higher the heel the lesser the demands on the calf complex. As shoes deform with wear over time, the height of the cushioning will reduce in response to imposed stresses and may become more worn through one side compared to another.

### **Stand tall and push backward through hips to drive knees up**

Forward motion should be driven from the hips rather than arm swing or excessively high knees, where the runner pushes the ground away behind them. The upper body should remain tall, with shoulders back and chest open, in a slight 'falling forward' movement to encourage forward momentum.

For more information about running technique, please [contact](#) one of our clinics to talk to one of our Physiotherapists