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Congratulations on running the Herts10k and thank you to those that donated to the Rennie Grove Hospice. As promised here is some post race information.

Active recovery is a good way of returning the body back to normal after vigorous exercise. For runners, jogging, walking or swimming followed by stretching of your leg muscles is very beneficial.

Stretching after exercise may reduce muscle soreness the next day, but there is little evidence to support this. However, stretching does improve and maintain flexibility which can help prevent injury.

Rehydrate as large amounts of fluid can be lost during racing, especially during hot and humid conditions. Ensure sure you drink enough water to replace the fluids you've lost whilst running is another important part of recovery.

Food helps you recover after intense exercise by refuelling your energy stores and providing the necessary protein needed to repair and rebuild muscle tissue. After exercise, your muscles can refuel energy stores twice as fast as normal so try to eat some carbohydrate-rich foods soon after.

Many people experience **muscle soreness** 24-48 hours after exercise. This is possibly due to a local inflammatory response to muscle overload and there are certain things you can do to prevent this such as cooling down after exercise and performing non-weight bearing exercise (e.g. swimming or cycling).

If you have suffered an **acute injury** on Sunday use the **PRICE** regime. However, you may need to see your GP or a physiotherapist for the injury to be correctly diagnosed and treated.

- **P:** Protect your injury from further harm. This may involve some taping or bracing.
- **R:** Rest the injury initially and then re-introduce movement to avoid losing too much muscle strength.
- **I:** Ice packs or a bag of frozen peas wrapped in a towel should be applied to reduce swelling and bruising. You should not apply ice directly to your skin as it can give you an "ice burn" - place a cloth between the ice and skin. Leave on for a maximum of 10 mins.
- **C:** Compress the injured area by bandaging or wearing the correct size tubigrip to support the injury and help decrease swelling. Only wear during the daytime.
- **E:** Elevate the injury (if you can) - rest the body part above the level of your heart and keep it supported.

Further treatment will vary depending on the severity of your injury.



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The most common running injuries are the result of **overuse** or overtraining and are usually combined with a problem in the way your body moves (biomechanics).

Most injuries occur as runners start to increase their mileage, particularly during longer runs when the stress on an inflamed or weak area can cause pain. Rest helps to calm this down, but often people don't rest for long enough or their problem hasn't resolved before starting training again.

The main reasons for injury often include:

- poor biomechanics and footwear
- poor flexibility and core body strength
- poor preparation and level of fitness
- poor training methods (especially, overtraining and lack of recovery time)

Running overuse injuries can include:

- Runner's knee – a problem in the knee cap causing pain.
- Ilio-tibial band friction syndrome (ITBFS) – a sharp burning pain on the outside of the knee or thigh after running a certain distance.
- Shin splints
- Stress fracture – these commonly occur in the shin (tibia), thigh (femur) and foot (metatarsal) bones
- Plantar fasciitis – pain in the arch of the foot when you put weight on it
- Achilles tendinopathy – pain in the Achilles tendon caused by tendon
- Muscle strains – small tears and damage to the muscles, mainly in the calf or hamstring
- Ankle sprains – damage to the ligaments in the ankle caused by a trip or fall
- Blisters – simple but painful injuries usually caused by friction combined with excessive moisture

An assessment by a physiotherapist or sports medicine doctor is helpful for both acute and overuse injuries. It is important to get an accurate diagnosis and have a clear treatment plan for your injury before returning to running. During an injury, it is important that you maintain your level of cardiovascular fitness and it may be necessary to review your training schedule to prevent re-injury.

The physiotherapists here at **Alpine** would be more than happy to answer any queries and can offer a full assessment of any injuries plus a sports massage service. For further details see:

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