

RUNNING FROM INJURIES: PART 2

Preventing injuries is probably foremost in the minds of avid runners and exercisers. In my last article I touched upon certain factors that can increase the likelihood of injury if not addressed promptly. Listed below are some tips that will help keep you healthy throughout your running career.

1) Perform a passive warm up. Suggestions for a passive warm up include consuming eight to ten ounces of hot fluid such as tea or coffee thirty minutes before your workout. A hot liquid containing some caffeine will increase your body's internal temperature and ready it for action.

Using a heating rub or ointment on various joints that don't receive much circulation (i.e. ankles, knees, back) is another good way to prepare your body for exercise.

2) Perform an active warm up. Start with an easy walking pace for five minutes, followed by another five minutes at a brisk walking pace followed by your running pace. Stretching should be performed **after** your run.

3) Proper running gear. Realize that most runners are only good for six to twelve months depending on the volume and intensity of your training. Visit a knowledgeable running speciality store that will be able to recommend not only a shoe specific for your foot, but also correct breathable tops and shorts, and supportive bras. Orthotics may also be needed depending on the needs of your foot.

4) Increase your running volume gradually. Do not increase your mileage by more than 10% per week.

5) Balanced diet and adequate nutrition. I recommend a diet high in fruits and vegetables with good sources of protein such as fish, chicken or turkey. Increase your intake of omega 3 fatty acids. Cold water fish (salmon, herring), walnuts, flax seed meal or fish oil supplements are excellent sources of omega 3 fatty acids. Daily water intake should be 50ml per kilogram of body weight (i.e. 80 kilogram male should be drinking 4 litres of water per day). Drink approximately 500ml of water one to two hours prior to running. Take frequent sips throughout your workout; 250ml every 15 minutes and after your run, make sure you ingest 500-1000 ml of water.

- 6) Do not run with pain. Pain is your body's innate way of telling you that something is wrong. If a pain persists longer than 48 hours, seek professional advice.
- 7) Running on a non-banked rubberized track or grass field is preferably to asphalt or concrete especially if you have a history of lower leg injuries.
- 8) Know when to take a day off. Remember the above the neck rule. If your cold symptoms are mostly above your neck (ie stuffy nose, sore throat, headache, sinus congestion) going for a run will probably help you feel better. However, if your symptoms are below your neck (ie chest congestion, achy muscle and joints, nausea or vomiting, weakness or fatigue) it is recommended that you rest until you feel better.
- 9) Follow the **P.R.I.C.E.** principle if you do become injured. **Protect** and **Rest** the injured area; **Ice** for 20 minutes every hour for the first 48 hours, with the use of a **Compressive** elastic tensor bandage (do not use leave an elastic bandage on overnight), **Elevate** the injured area above the level of the heart. A pool running program is also a great way to maintain your cardiovascular fitness as well as increase range of motion and strength while recovering from an injury.
- 10) Join a running club or clinic. Running with a group can be very social and encourages you to stick to your running program. Above all, have fun!!