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THE **SOLE**

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# WHAT IS PLANTAR PLATE TEAR?

by Margot Manning intraining podiatrist and running coach (children & adults)

**P**lantar plate tears occur when there is trauma from overextension or bending of the joint. Swelling in the ball of foot is a common sign you may have a plantar plate tear. Common incidents that we see contribute to plantar plate tears are:

- Slipping on loose rocks whilst trail running
- Climbing stairs
- Running steep hill repetitions
- Repetitive burpies
- Skipping

Each of these activities can hyperextend the forefoot and can lead to plantar plate tear. Whilst not the sole cause, biomechanical issues are often a contributing factor to plantar plate tears, usually as a result of:

- Instability of the foot
- Excess force placed at the ball of the foot during toe off.

## HOW TO DIAGNOSE A PLANTAR PLATE TEAR?

Diagnosis for plantar plate tears is best seen on MRI. The MRI will

determine the presence of the tear and can help differentiate this injury with those listed above and any other possible diagnoses.

*Sore ball of your foot? It could be a plantar plate tear.*

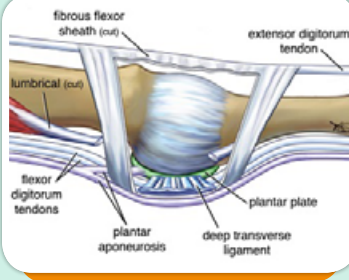
## HOW TO TREAT A PLANTAR PLATE TEAR

Treatment for plantar plate tears needs to be done with a podiatrist initially to offload the injured plate and to correct biomechanical issues. Runners need to stay off hills until there is no pain. If there is no resolution, the next step is surgical repair.

If you have swelling in the ball of your foot and feel you may have a plantar plate tear, we recommend making an appointment to see one of the podiatrists at the intraining Running Injury Clinic. The sooner you are able to receive a correct diagnosis and treatment the sooner you will be back running pain free.

## INCIDENTS CONTRIBUTING TO PLANTAR PLATE TEARS

- Slipping on loose rocks whilst trail running
- Climbing stairs
- Running steep hill repetitions
- Repetitive burpies
- Skipping



# IS YOUR FOOTWEAR CHOICE HOLDING YOU BACK?

by Doug James - intraining physiotherapist and podiatrist

**I**n the past year, Futsal (indoor soccer) shoes have become the fashionable footwear choice for many adolescents. Futsal shoes have flat soles and are frequently made in bright and eye catching colours, which is possibly part of the appeal. They are typically a robust shoe and tend to be quite durable (much to parents delight), however they are often a poor footwear choice for growing adolescents as they can lead to a rather nasty injury called Sever's disease.

*Poor footwear choice can lead to Severs disease*

Sever's disease is a condition where the heel bone becomes sore due to tension from tight calf muscles. Tightness in the calf muscles is often a result of a growth spurt where the muscle hasn't lengthened to match the newly longer leg bones, but can also be caused from large amounts of sport or a combination of both.

Footwear can either aid or exacerbate Sever's disease. Shoes with a low sole height at the heel tend to exert greater stress on the calf muscles, which in turn irritates the heel bone. Wearing shoes with a sole that is higher at the back compared to the forefoot can help to offload this pressure and settle or avoid Sever's disease.



Futsal shoes

# SCHOOL SHOES VS RUNNING SHOES. THEY ARE DIFFERENT!

by Emily Donker - intraining podiatrist, coach and runner

There are a few things that you just shouldn't do (for various reasons - not explored in this article), such as:

- Eat soup with a fork
- Go 4WD and beach driving in a beetle
- Use a time trial bike for mountain biking
- Swim whilst fully clothed
- Go for a run in business shoes ... and you also should not send your children to school in running shoes, or out for a run wearing school shoes.

Just as it does for adults, footwear plays a significant role in preventing and managing children's injuries. Wearing shoes that are appropriate for the task at hand will reduce injury risk, ensure better comfort and prolong shoe life.

Wearing the same pair of shoes day in and day out can cause significant and excessive wear, and inappropriate wear patterns to develop – especially when young, active children are the culprits. Children's shoes are renowned for taking a beating in the schoolyard, and running shoes in particular are not designed to withstand the rigours of lunch-time play. Scuffing to the

outsole and midsole can easily result from rough games and change of direction, whilst the lightweight, breathable upper is also easily damaged and does not provide sufficient support. Specific 'school' shoes will offer a more sturdy and hard-wearing outsole, and ideally a leather upper.

*Child running regularly?  
They should be treated  
to a pair of running  
shoes, which are to be  
used only for running.*

Wearing shoes that are excessively worn, or that are not designed specifically for running can increase the risk of injury. So, if your child is running regularly, they should be treated to a pair of running shoes, which are to be used only for running. These will be lightweight, more breathable and more flexible than their school shoes and therefore encourage a more comfortable and natural running stride.

You should encourage your child to stay active, and ensure they remain healthy and injury-free by wearing suitable shoes, by

having specific shoes that are used exclusively for their various different activities.

Want to your kids to stay injury free? Visit the intraining Running Centre for expert advice and get your children fitted correctly.



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# RATATOUILLE

by Liz Lovering - intraining sports dietitian,  
runner, chef and coach

Looking for new meal ideas? This is my version of the French classic Ratatouille, which is perfect for summer. It is particularly delicious served cold and goes with just about every kind of protein you can think of. Team it up with some rice, pasta, quinoa or bread, and you have a delicious meal.

## Makes 6 serves

### SERVING SUGGESTIONS AND TIPS

Delicious served hot or cold. I love to serve this with pan fried salmon and some brown rice, then the next day I have it cold for lunch with a can of tuna and some chickpeas.

It tastes great with roasted or barbecued meats, chicken, other types of fish, or you can eat it on its own with rice or pasta, with tofu, beans or lentils. Also makes a tasty pizza topping, just add some reduced fat cheese.

### NUTRITION

Each serve contains approximately 10g carbohydrate, 4.5g protein, 13g fat, 5.8g fibre and 790kJ (190 calories).

### INGREDIENTS:

- 4 x tablespoons extra virgin olive oil (EVOO)
- 3 x cloves garlic, peeled and chopped
- 1 x large red onion, peeled and roughly chopped
- 1 x large eggplant, cut into cubes
- 1 x red capsicum & 1 green capsicum, cut into bite sized pieces
- 1 x medium zucchini, cut into bite size chunks
- 200g button mushrooms, quartered
- 1 x 400gm can chopped tomatoes
- 2 heaped tablespoons tomato paste
- 1 teaspoon dried thyme
- Handful fresh basil leaves, roughly chopped
- 1 x handful fresh flat leaf parsley, leaves roughly chopped
- Salt and pepper to taste

### METHOD:

1. Wash and prepare the ingredients,
2. Heat the EVOO in a large lidded pan over a medium heat
3. Add garlic and onion and cook until soft, stirring frequently
4. Add eggplant and capsicum and cook with the lid on for 5 minutes or so.
5. Add zucchini, mushrooms, tomatoes, tomato paste and dried herbs, stir well and simmer with the lid on for about 20 minutes, or until the vegetables are cooked through, stirring occasionally.
6. Season to taste and stir in the fresh basil and parsley



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# WHY DO MY TOES TINGLE?

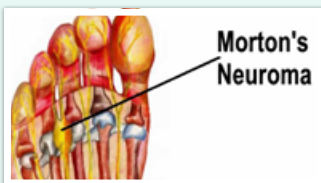
## 5 CAUSES OF TINGLING IN THE TOES

by Margot Manning intraining podiatrist and running coach (children & adults)

Tingling toes are a common sensation experienced by some when running as well when wearing day to day shoes. The main reason for tingling to occur is from pressure on a nerve. Running can cause continual pressure on nerves from long term repetitive motion and the resultant swelling of feet. Tingling occurs if either shoes are too small, or there is an underlying injury. Don't think it is your shoes - what do you need to look out for?

### FIVE COMMON INJURIES THAT CAN CREATE TINGLING SENSATIONS FOR RUNNERS:

- **Neuritis:** Inflammation of the nerves that run between the bones at the ball of the feet. This is usually resolved by changing footwear and lacing.



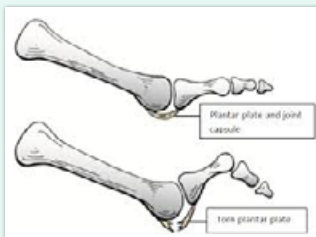
- **Neuroma:** Thickening of the nerve at the ball of the foot where it fills up the available space and hurts even when not active. Both footwear, podiatry and sometimes surgery are necessary depending on the progression of the symptoms.
- **Bursitis:** Fluid filled sacs become enlarged due to pressure between the heads of the metatarsals (long bone of

the feet). These fill the space between the bones and put added pressure on the nerves. Footwear, podiatry and if no resolution, a visit to a sports doctor for cortisone injections may be needed.

- **Synovitis or joint capsulitis:**

### *Don't ignore tingling toes*

Inflammation of the fluid within the toe joint, usually from trauma (e.g. landing badly on a rock) or when the head of the metatarsals are driven into the ground. The latter is a biomechanical problem that needs to be addressed with podiatry care. Like bursitis, the increase in size of the joint can put pressure on the adjacent nerve creating tingling as a secondary symptom.



- **Plantar plate tear:** The plantar plate is a strong fibrous structure that sits beneath each of the joints at the ball of the foot. Its role is to withstand the high loads at these joints and to create stability. If the toes are over extended repetitively or with excessive force (e.g.

running up hills), thickening or a small tear can develop in the plantar plate. Over time, the affected toe can drift apart from its adjacent toe, and develop both synovitis and a claw toe. These changes to the joint integrity can lead to subtle tingling of the toes.

Of the five injuries, plantar plate tears are the least common, but the most misdiagnosed. This is because there can be a combination of symptoms from the other four injuries above. This can lead to unsuccessful treatment plans and ongoing frustration for the runner.

Don't ignore tingling toes. Whilst it is often a footwear isolated issue that can be relieved by; wearing thinner socks, specific lacing techniques or changing the shoe itself. If your tingling toes are not relieved by these adjustments there may be an underlying injury that is the cause. Book in to see one of our podiatrists at intraining Running Injury Clinic for accurate diagnosis and treatment.

Our podiatry team are all runners and understand how frustrating an injury can be. We know you want to get back out and run injury free as quickly as possible.



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