

FROM  
THE

FEBRUARY 2018

# SOLE

*Tips to keep you running at your best*



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# DID I BUY THE WRONG SHOES?

## Top 5 signs you have the wrong shoes

by Doug James - intraining physiotherapist and podiatrist

Starting a new year in new shoes is a good idea. Running in the wrong shoes, however, is a bad idea. With online shopping we now have access to more shoe brands and models than ever before, and it can be difficult to know which shoe will suit your foot and running needs, particularly without the benefit of being able to try the shoe on before purchase.

### *“test run the shoes before purchase”*

It may be tempting to save a few dollars buying shoes online, however buying the wrong shoe may result in wasting hundreds of dollars and worse still – injury! It pays to have your running shoes fitted at a reputable running store such as intraining, where you are able to test run the shoes before purchase and receive advice from trained experts.

In some cases it may also be worth consulting with a podiatrist to get specialist advice on the best shoe, particularly if you've been having problems with injury.

If you are experiencing any of the symptoms above, or would like to book a footwear fitting appointment, please call us at the intraining Running Injury Clinic on 3367 3088, or book online.

### TOP 5 SIGNS YOU HAVE THE WRONG SHOES:

1. Burning, tingling or numbness in your foot or toes
2. Pain in your heel or Achilles tendon
3. Cramping in your arch or calf muscles
4. Soreness on the inside of your ankles or knees
5. The shoes make excessive slapping noise when running



Don't let the wrong shoes stand in the way of a good run. *Get fitted by the experts*

**intraining**  
the running store run by runners



# ACTIVE CHILD WITH JOINT PAIN IN THE FOOT?

by Steve Manning - intraining podiatrist,  
coach and runner

**F**reiberg infraction, is an osteochondrosis of the metatarsal head. While that is a mouthful it presents as a severe pain at the joints at the ball of the foot before the toes. It typically affects the second metatarsal head.

## SIGNS YOU MAY HAVE FREIBERGS INFRACTION

- Swelling
- Tenderness to the touch
- Increased pain when weight-bearing
- Pain does not dissipate with rest

## FREIBERGS OR STRESS FRACTURE?

Freibergs should not be confused with a stress fracture or with inflammation of the joint itself. It is potentially a more serious problem with permanent outcomes. It involves cracks in the cartilage of the joint that erodes the bone under the cartilage and can lead to death of the bone tissue at the head.

Freibergs usually occurs in active children between the ages of 10 to 16. It is three times as more common in girls than boys. Either an acute or chronic trauma to the head can trigger the problem.

## DIAGNOSIS

Freibergs can be diagnosed by X-Ray or MRI. Freibergs is an important differential diagnosis of forefoot pain in adolescents which should not be missed.

## TREATMENT

Treatment involves offloading the affected metatarsal head with either padding or orthotics. Shallow shoes that exert pressure down onto the top of the foot should also be avoided. Barefoot may also be a problem while it is active. In some cases conservative treatment will not be effective and surgery may be required.

If you or your child have soreness in the ball of your foot, which you feel may be a stress fracture and is not resolving with rest, one of the intraining Running Injury Clinic podiatrists can help.



**Injury standing in the way of your running? We can help.**

*Call 07 3367 3088 or email now*

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# SALMON AND FETA PIE

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

Looking for a different way to serve salmon? This dish is easy to prepare and makes a great main meal. A dish that provides leftovers is great for busy runners. Just add salad and you have a nice balanced meal ready to go.

**Serves 8**

## SERVING SUGGESTIONS AND TIPS

Use a dish the same size as the filo pastry sheets, or cut pastry to size, if you allow the pastry to be thicker in the corners it gets too doughy. I cooked my salmon in the microwave for 2 minutes on high, or you could use leftover cooked salmon. Serve with your favourite salad or a side of steamed vegetables. Makes great leftovers! Delicious served hot or cold.

## INGREDIENTS:

- 125g feta, crumbled
- Handful fresh dill, washed and chopped
- Handful fresh flat leaf parsley, washed and chopped
- 500g fresh salmon, lightly cooked and flaked
- 375gm packet of frozen filo pastry, defrosted
- 2 tablespoons olive oil
- 6 large eggs, lightly beaten
- 400ml milk
- black pepper to taste



## NUTRITION

Each serve of pie contains approximately 25g carbohydrate, 27g protein, 22g fat and 1720kJ (410 calories).

## METHOD:

1. Pre-heat oven to 200°C (180°C fan assisted)
2. Mix the feta with the chopped herbs and salmon
3. Lightly brush a large rectangular baking dish with some olive oil
4. Place 3 sheets of filo pastry in the dish and lightly brush with a little olive oil
5. Scatter with a little feta and salmon
6. Repeat steps 3 and 4, finishing with filo pastry
7. Cut into 8 portions
8. Mix eggs and milk and pour over the pie, allowing the mixture about 10 minutes to soak in
9. Place in pre-heated oven and bake for 25-30 minutes, or until set and golden brown

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- Structured training program
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**MARATHON  
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right!**



# DON'T LET HEEL PAIN STOP YOUR KIDS FROM RUNNING

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

**H**eel pain (Sever's Disease) in children is one of the most common injuries experienced in active children. It occurs because the Achilles tendon vertically attaches to the back of the heel bone (calcaneus) where there is a growth plate. The growth plate is the area where new bone cells are generated and is present until between the ages of 13-16 when children stop growing and the bone fuses to make the completed heel bone.

During this time running, jumping, kicking and rapid changes in direction that children do while playing sport exerts an incredible amount of sheer force and pulling onto the growth plate. This can create pain which can be quite debilitating for children and interfere with their ability to play.

## EARLY DETECTION AND MANAGEMENT

Early detection of heel pain and being proactive can reduce the severity of heel pain. Most successful management of Sever's Disease is:

- Understanding how your child runs to eliminate biomechanical causes,
- Checking their footwear, usually adding a heel lift during the times of pain, and
- Creating a management plan to help both you and your child know what to do before and after playing sport.

If you are not sure, or have noticed some unusual symptoms like limping or needing to be subbed out of the game more frequently than usual, take the steps to book in to see one of our podiatry and physiotherapy team members at the intraining Running Injury Clinic. Make sure you bring all your child's shoes so these can be assessed and possibly modified if this is needed.

To make a booking call intraining on 33673088 or email [clinic@intraining.com.au](mailto:clinic@intraining.com.au)



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