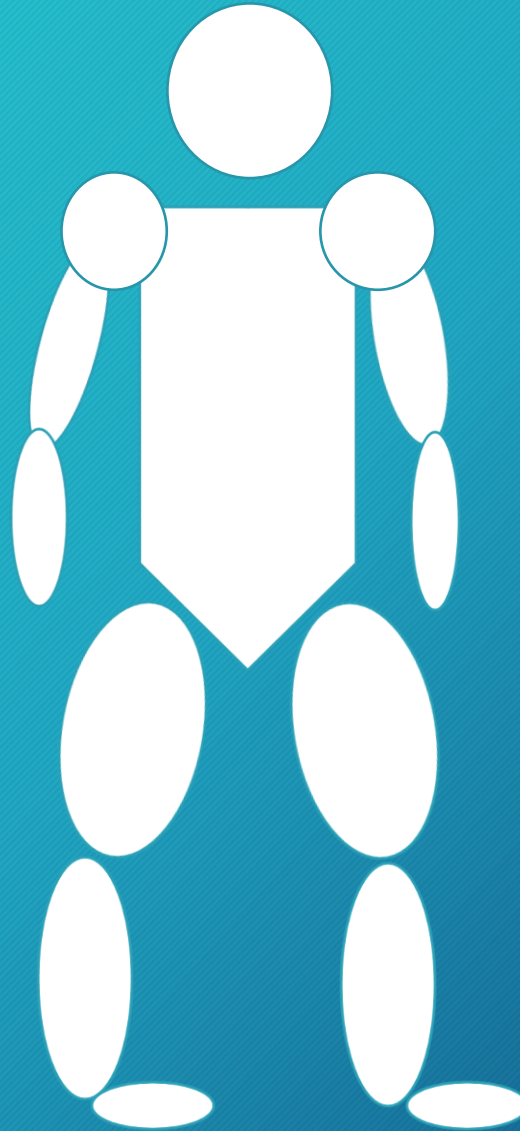
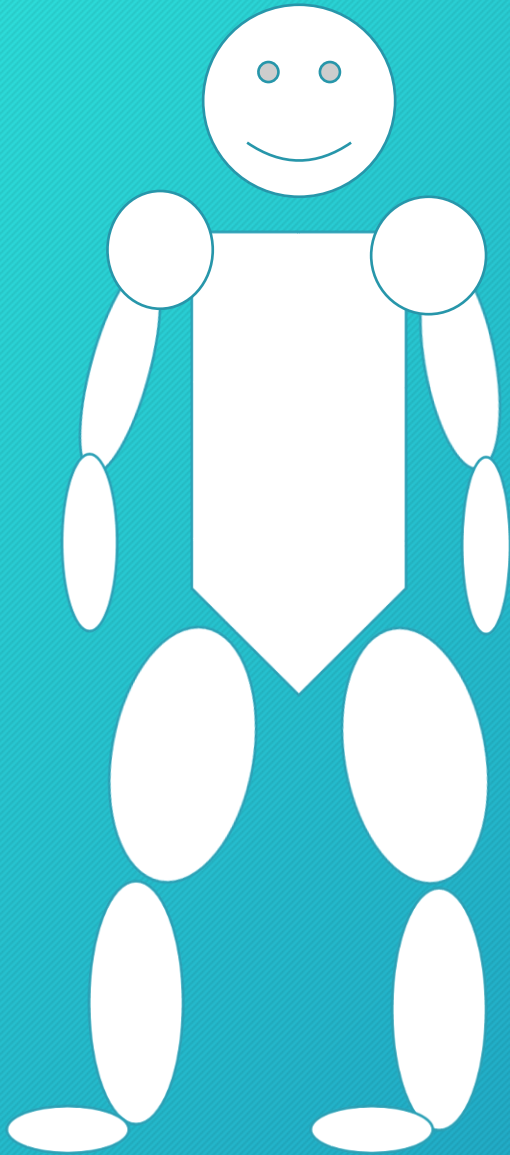


INJURY

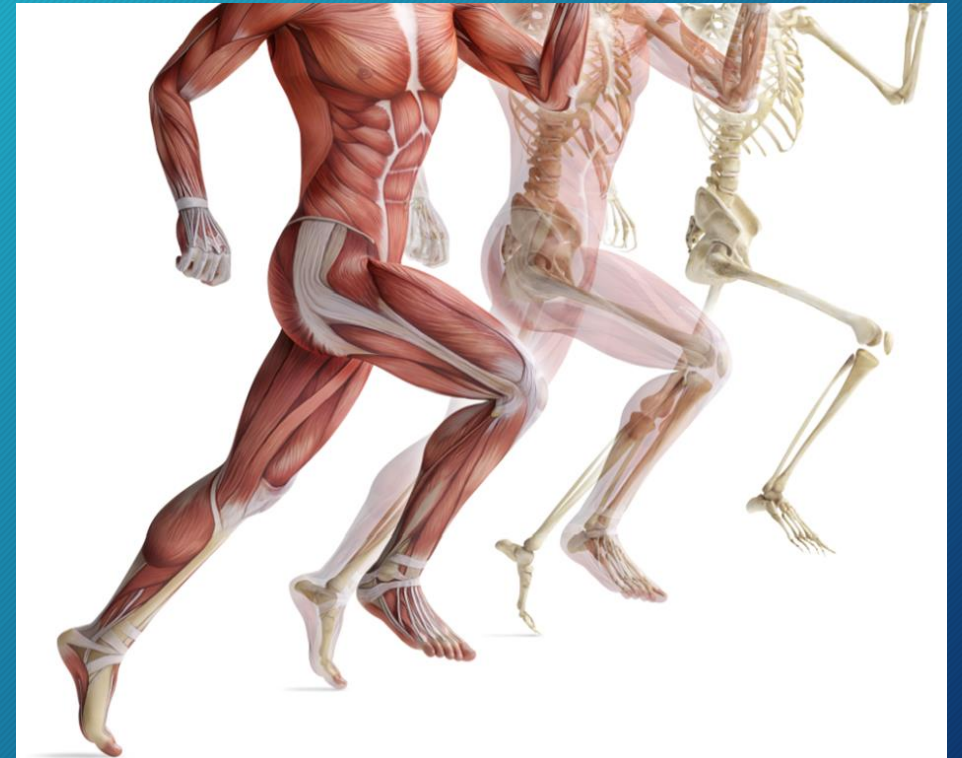
Running related injuries,
prevention and recovery



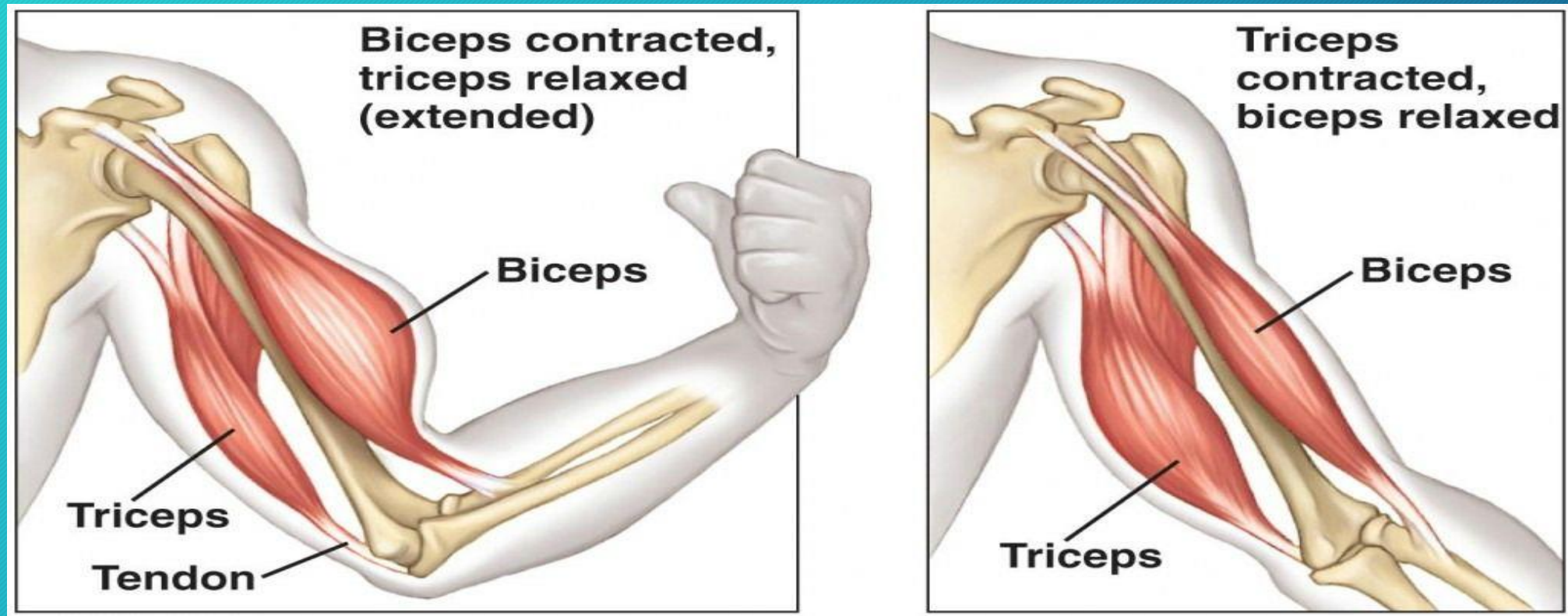
What Gets
Injured

What gets injured?

- Bones
- Ligaments
- Muscles
- Tendons
- Brain (Mind)
- Heart (Feeling Tired/Exhausted)



Muscles and Tendons



Muscle Training. Adaptation and Injury

Training



Micro Tears



Adaptation

Training



Bigger Tear



Injury

How much is too much?

- Genes
- Age / Sex
- Training History
- Health
- Occupation



Injury Prevention

Group Exercise

Injury Prevention

- Varied Training
 - Intervals
 - Tempo / Threshold
 - Long slow
 - Recovery
- Training Plan
 - Appropriate to ability
 - Appropriate to objectives
- Recover
 - After each 'hard session'
 - 3 weeks on 1 week recovery
- Nutrition
 - Proper nutrition / Healthy

Injury Prevention

- Rest
- Other activities
- Warm Ups
- Cool Downs
- Periodisation

Sleep

Yoga / Pilates, Swimming, Cycling, Weights, General

Prepares body for activity

Return body to normal.

Allow flow of blood to aid recovery

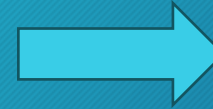
Recovery From Injury

Stages of Healing

Inflammation



Repair



Healing



Injury Treatment

1. Do Nothing.
2. ICE, RICE, PRICE and other anacronyms
3. Physical Therapies
4. Exercise

Injury Treatment



Injury Treatment

- P**  **PROTECTION**
Avoid activities and movements that increase pain during the first few days after injury.
- E**  **ELEVATION**
Elevate the injured limb higher than the heart as often as possible.
- A**  **AVOID ANTI-INFLAMMATORIES**
Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.
- C**  **COMPRESSION**
Use elastic bandage or taping to reduce swelling.
- E**  **EDUCATION**
Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.
- &**
- L**  **LOAD**
Let pain guide your gradual return to normal activities. Your body will tell you when it's safe to increase load.
- O**  **OPTIMISM**
Condition your brain for optimal recovery by being confident and positive.
- V**  **VASCULARISATION**
Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.
- E**  **EXERCISE**
Restore mobility, strength and proprioception by adopting an active approach to recovery.

Return to Running

Slow - Run Slower
Not So Far

Build - Slow No more than 10% per week

Stretching

Strength - Body Weight

Good Recovery - Don't push it, Patience

Consider 6 Weeks Build Period (maybe Longer)