

CoreTherapy

Providing a Holistic and Professional approach to Sports Massage Therapy.

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Newsletter

www.coretherapy.co.uk



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MIND OVER INJURY

Being injured is a pain (!) – but there can be a positive - **Injury can enhance your future performance....**

How? REST – urgh I hear you sigh! Active Rest can shine a light on areas that need work such as mental and nutritional aspects. Resist the urge to become a hermit and cross train – try something new or different. Yes, you may lose

some running fitness, but you can still win with an entire system re-boot.

Injury taxes your brain. Resting can allow you to return to training with more focus. Practise turning negatives into positives. Within sports injury rehabilitation, imagery can be used to facilitate effective recovery:

- **Healing imagery** – focus on the specific area and learn the tissue healing process
- **Pain management imagery** – focus on regulating and managing discomfort that may become a barrier to rehab and recovery
- **Rehabilitation process** – focus on the challenges of rehabilitation and adherence, staying positive and overcoming barriers
- **Performance imagery** – where your focus is on practising correct technique with the absence of injury and pain/discomfort. Imagine what it will feel like.

Take time, plan and be patient when resuming your training. Commit to putting comparisons aside and working to improve your current self. Being really grateful for your health puts injury into perspective.

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HAPPY FEET – finding the right shoes

Exercise shoes, office shoes, sandals, slippers and that pair of weekend running around shoes we all have – they can all lead to painful feet and problems further up the kinetic chain.

Feet play a big role. They support your body weight and take the impact of standing, walking, running throughout the day. Our feet are made up of 52 bones, 66 joints and OVER 200 muscles, tendons AND ligaments. So when your feet don't get the support they need, it's no wonder we can get issues!

A lack of support can also cause pain beyond your feet. Your knees, back and other parts of your body can overcompensate and lead to pain in those areas too... not good.

With the above in mind – here are a few considerations

1. Get to know your Arches and Pronation

Generally speaking, there are two types of feet: high arched and low arched. The demands for these two types are quite different.

High-arched feet have taller gaps on the soles of their feet. With low arches the gap below the sole is closer to the ground. The curve of your shoe should support your arches so they can, in turn, support the rest of your feet and body.

How your feet pronate is also important. Neutral runners will have an "S" shaped shoe wear pattern from the outer heel to the big toe. Over pronators place extra wear on the inside of the heel and under the big toe and old shoes may show an inward tilt on a flat surface. Under pronators / supinators show most wear on the outside of their shoes. Manufacturers have products designed for each pronation type.

Picking the right performance shoe is a lot more than the colour, price and brand.... although in truth we have all selected shoes on this basis. After all, looking good is important!

When you need a new pair of trainers, go into a specialty running store and speak with a specialist. Many offer gait analysis and foot mapping to determine your requirements. You also need to consider the type of exercise you'll

be doing – running over 20 miles outdoors each week is very different from doing gym classes.

If you can afford to, have a couple of kinds of trainers for the workouts you do most often. Wearing a tennis shoe for running, or a basketball shoe for weightlifting, can encourage injuries – choose wisely.

2. You "Break In" Your New Pair of Shoes

Your shoes need to become accustomed to your feet over time to avoid pain and any blisters. A classic error is to use a new pair of trainers on marathon day. Over time we get to know which brand/model/size to buy – but some breaking in time is always recommended.

Shoes other than trainers will often need more breaking in as they are made of multiple material types and may have less flexibility. These should be worn in a little at a time until they loosen naturally.

3. You Walk Around Barefoot at Home

As soon as you step through the door do you throw your shoes off and that's you done for the day?

For a lot of us, taking our shoes off is one of the best feelings. But for some people, walking or standing barefoot on surfaces like hardwood floors, marble or tile puts stress on the structures of the feet either causing or making pain worse over time.

This can happen when the fleshy parts on your heels and balls of your feet which help cushion our bodyweight wear down.

Remember though that over time the best solution is to train yourself to walk around bare feet. It is better for you long term but most of us have become so accustomed to wearing shoes that some support is required long term.

4. You're Still Wearing That Favourite Pair From 2016 – its nearly 2020 now!

Many of us only throw away a pair of shoes when they're looking worse for wear, are worn down, or start to smell too much.

But looks alone can be deceptive. Once the sole of your shoe starts to break down, it changes the way your foot strikes the ground which can cause pain in your feet, hips, knees and back. When you notice this, it is time for a new pair.

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Running trainers take quite a pounding and will generally only last 300 to 400 miles. Racing trainers maybe only 150 miles 😞

5. Insoles... understand their purpose.

Depending on your foot type and foot pain, you might already have insoles that come with your shoes. However, they may not be right or supportive for you.

If you suffer from foot pain, it can be a smart idea to get a pair of customised orthotic insoles.

Prescription Foot Orthotics are the most accurate custom functional foot orthotics. They are made from non-weight bearing moulds of your feet. They act to make activities such as running, walking – even standing – more efficient. They can also redistribute pressure on the bottom of the foot to relieve pain from excessive pressure or calluses. Note, you do not need a Doctor's prescription to get customised orthotics.

The takeaway: *Your feet are probably doing way more than you give them credit for, so they need shoes to match. The right choices for you will depend on your activity levels, height, weight, walking and running style.*



How often should I replace my running shoes?

What is hard to see is what happens inside the shoe when you run, in the midsole, where the cushioning and support are housed. Every time your foot meets the ground, you compress that midsole area. It responds by absorbing the blow and returning energy to you as you begin the next stride. This process is repeated thousands of times during a run.

As you can imagine, the midsole becomes compressed and fatigued over the course of a run and then needs time to rebound in between runs to return to its original, bouncy state. After a few hundred miles, however, the midsole breaks down to the point of no return. You can't see this, but you can sure feel it in a sensation of "flatness" or "deadness." The shoe doesn't have the bounce that it once did. Little aches and pains begin to arise. You're not injured, but your body is talking to you. It's telling you that your shoes need changing. You should listen.

Remember, don't go 'solely' by how the outsole looks to determine whether a pair needs to be replaced. If you do most of your running on a treadmill, a smooth road, or a groomed trail, the outsole of the shoe can look fine for a long time, but the internal damage is still taking place.

Note in your training log when you start running in a new pair of shoes and keep track of how many miles you run in them. Over the course of a 12-16-week training cycle, you can expect to go through one, two or possibly even three pairs of shoes.

When you start approaching the end of the shoes' life, it's a good idea to start breaking in a fresh pair, as you phase out the broken-down model. Your body will thank you for it.

The 7 Habits of Highly Effective Athletes....

The following seven habits are behaviours that most highly effective athletes — not necessarily the fastest athletes — have in common and practice every day.

1. They set various types of goals.

There are two types of goals: outcome goals and process goals. **Highly effective runners recognise the importance of both.**

Outcome goals are what most people think of when they talk about goal setting. These are the intended result of all your hard work and preparation and are specific (e.g. lose weight, finish the race) and measurable (e.g. finish in 2 hours, place top 5 in age group). Thinking about outcome goals induces both excitement and

nerves. But they're also largely out of your control. And let's be honest, if you knew exactly how fast you were going to run on race day, a lot of the fun would be taken out of the whole experience. That's what makes outcome goals so exciting.....and nerve-racking.

Equally as, or even more important, are **process goals**. They're not as exciting and probably won't make you nervous when you think about them. But the great news is that process goals, unlike outcome goals, are completely in your control. And the more of them you achieve with regularity, the more confidence you'll gain.

These two kinds of goals are linked. The more successful you are at accomplishing your process goals—habitual actions you can check off every day, week and month or block, such as getting 8 hours (I wish!) of sleep a night, making healthy food choices at mealtime (without deprivation!), doing core-strengthening and injury prevention exercises etc.—the better you'll set yourself up for achieving your outcome goals.

2. They enjoy the process.

Highly effective runners enjoy the ongoing process of training and competing or challenging themselves.

Many runners make the mistake of only setting outcome goals, and their idea of success or enjoyment hinges upon hitting a desired time in workouts or races or securing a particular placing on race day. This can induce unnecessary pressure and lead to frustration and feelings of failure if these goals aren't achieved, thus killing the fun factor of one of our favourite activities.

3. They value CONSISTENCY.

The biggest thing is consistency ...no big jumps in training, just taking baby steps.

Simple advice, right? Well it is, but that doesn't mean consistency is an easy thing to achieve. You need to work at it every day. Consistency doesn't just mean running on a regular basis – although there's a lot of value in that. It is also about developing good habits that become part of your running lifestyle. Whether you are a beginner or elite or just a little out of shape, consistency will go a long way in helping you to

eliminate excuses on your way to improving your fitness, enhancing enjoyment and becoming a more effective athlete.

FINDING THE BALANCE

TRAINING LOAD vs TISSUE LOAD CAPACITY



Find a training program that works for you and stick with it instead of chasing the latest trend. Establish a weekly routine that works for your schedule and don't waver from it. Make time for the preventative exercises you need to do to help ward off injury, even if that means training 10-15 minutes less. Get to bed at a decent hour. Success is the result of doing the right things day after day and week after week.

4. They train at different speeds; variety being the spice of life.

Don't be a one-speed wonder. Even if racing isn't your thing, or you don't consider yourself to be super-fast, get out of your comfort zone a couple of times a week and do a variety of workouts at different speeds and intensity levels.

The lack of variety in your weekly routine will eventually lead to a physical and mental plateau.

Training at different speeds and intensities over a variety of terrain will not only use different energy systems but will also add some newfound enjoyment to your normal running routine. It breaks up the monotony of running at the same pace every day, helps ward off annoying overuse injuries and contributes to making you a highly effective runner.

5. They take their recovery seriously.

A wise coach once told me, "**You are only as good as your recovery**" And taper!

Why? Because **recovery is when adaptations and improvements happen**. Yes, you need

long runs, challenging workouts and steady weekly mileage to achieve great performances. But if you can't recover from hard training efforts, they aren't doing you much good. Without rest, you deny your body time to adapt to the stress it's under and allow the gains you have made to take hold. You are also sure to start your next workout under-fueled, exhausted, and possibly fighting off illness or injury.

As you rest — sleeping or engaging in something **slightly** active, such as your **easy and short** (level 2 out of 10) run days, cross training and/or appropriate warm-ups and cool-downs — you are reaping the benefits from your hard workouts. Stressed bones, broken-down muscle tissue, and exhausted energy systems are repairing themselves to come back stronger for your next workout and power you to a higher level of performance.

Don't be afraid to listen to your body – the generic **schedule** you might be following is only a **guide**. Don't be a knucklehead and try to run hard all the time. Have the confidence to take extra recovery.

6. Every outing has a purpose

More isn't bad, but it's not always better. While a loaded racing schedule, impressive long runs and big mileage weeks will certainly help foster improvement, quality also matters. In regard to training, highly effective runners will not run mileage for mileage sake or force a 10th repetition in an interval workout if their pace starts to fall off considerably after number 8.

Remember: **Don't count the miles—make the miles count.**

7. They recognise and celebrate their achievements—no matter how small.

As highly effective runners, we are always looking ahead toward the next goal, which is an integral part of continual improvement. Equally important, however, is that we take the time along the way to recognise and celebrate our achievements. Every finish line is worthy of a celebration.

And when someone congratulates you after a race, even if it fell short of what you were setting out to do, be gracious and just say thank you. No one likes an unappreciative athlete.

Even if you're disappointed with your performance, someone watching might be inspired by it, and that's certainly an unintended achievement worth celebrating.

Thank you to Triathlete-Europe Magazine (some time ago) for providing the basis of this article.

PREPARE, PREVENT AND PERFORM

The musculoskeletal system is like a busy roadway. The bones are the roads, muscles are the cars, and other soft tissue—tendons, fascia, ligaments—are various traffic lights, stop signs, clogged intersections, etc. Traffic runs smoothly when there are fewer constrictions around which cars must navigate. When the skeleton is aligned and soft tissue is properly organised, your muscles' firing patterns are not blocked or slowed. Muscles can "drive" more efficiently and utilise less fuel without constant stopping, starting, and turning.

Sports massage, benefits and effects...

Increased tissue permeability -Deep tissue massage causes the pores in tissue membranes to open, enabling fluids and nutrients to pass through. This helps remove waste products and encourage muscles to take up oxygen and nutrients which in turn will help them recover quicker.

Break down scar tissue – Scar tissue is the result of previous injuries or trauma and can affect muscle, tendon, and ligaments. This can lead to inflexible tissue and therefore prone to injury and pain.

Improve tissue elasticity – Hard training can make tissues hard and inelastic. This is one reason why hard training may not result in improvements. Massage helps reverse this by stretching the tissues.

Opens micro-circulation – Massage increases blood flow to tissues, but so does exercise. What massage also does is open or dilate the blood vessels and by stretching them enables nutrients to pass through more easily.

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Physiological effects of sports massage

Pain reduction – Tension and waste products in muscles can often cause pain. Massage helps reduce this in many ways including releasing the bodies endorphins.

Relaxation – Muscles relax through heat generated, circulation and stretching. Mechanoreceptors which sense touch, pressure, tissue length and warmth are stimulated causing a reflex relaxation.

Happy Days!

Wendy is a qualified sports massage therapist holding a Sports Performance Services Level 4 Diploma and a Level 2 Triathlon Coach Certificate as well as being a keen (more vintage) athlete herself.

Pilates Instruction - 121 and small group sessions offered. Beginners to Advanced.

See www.coretherapy.co.uk

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Hot Stone Massage Therapy

Find your healing hot spots. Stone massage therapy uses the smooth surface and weight of alternately hot and cold stones to ease and tease your body into a blissful state of relaxation



Pilates

The Pilates method is renowned for its benefits in improving body awareness, core activation, flexibility, strength and stability, co-ordination and precision. For athletes, Pilates has proven to be a powerful cross-training secret.

POSTURE

Improve body alignment and posture

INJURY

Prevention and rehabilitation

LOVE

The flow and precision

AWARERNESS

Improve balance & coordination

TONE

Your body-it's the only one you have

EMPOWER

Breathing & its relationship to relaxation

STRENGTHEN

Your deeper core stability muscles

Pilates 1-2-1

