

PodiEtry News

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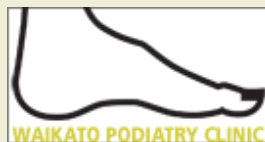
Waikato Podiatry Clinic

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Greetings

Welcome to the third edition of Waikato PodiEtry news.

Isn't it great to be able to sit back and watch the Olympic athletes in what would be the pinnacle of most of these athletes' careers. It seems to be all too easy to forget the hours, years of hard work and discipline that they have gone through to achieve these times and results. Athletes must balance everyday financial and life pressures on top of the ever elusive balance between supreme fitness and injury and illness.

A Balanced Approach to Injury Prevention

One thing that all of these athletes will have learned is how to subtly balance the demands of training with demands of your body for rest and recuperation. There are numerous examples referring to the importance of maintaining this balance.

Examples:

Lance Armstrong is known to be a phenomenally hard trainer however he openly admits that he cannot and does not maintain this degree of training for anywhere near the full year. He admits that it is vital to have a deconditioning period and a rest phase. In his book "Lance, how does he do it?" he acknowledges the fact that to be at his supreme best he can only be in top shape for a limited amount of time. In fact he only raced for 50 days a year over a four month period when other cyclists' were racing 150+ days a year over an 8-9 month season. We are also seeing this in the "All Blacks" with differing degrees of success in the elusive search for the balance between rest and peak physical condition.



"Poor prep equals more injuries" (America Soccer Journal Sept 2007)

This article discusses the fact that there is an increasing pressure on school children to perform all year round, which is not necessarily healthy physically or mentally. It discusses the demands on young bodies and the fact that the body will always "sacrifice quality of motion for quantity of motion, when the body steals motion from one rested part of the body to compensate for a tired part, this is often when injuries occur".

Not only are young bodies going through puberty, they need to adapt to new centres of gravity as they grow and "make sure that their muscular structure is keeping up with the osseous structure" it is cited in this article that one coach had noticed that towards the end of the season that more than half of his team were seeking treatment for injuries.

Netballers in action Some proposed solutions were restricting the number of competitive tournaments played. There is a German model that limits halves to 20 minutes and restricted competitive minutes to no more than 100 minutes in a 24 hour period.

The representative level creates an added load on young people to increase their volume of training and they will often have two representative practices plus games as well as their normal school practices plus games.

One of the individuals we saw recently had tallied it up and he is practicing and playing hockey for eight hours a week at the age of 13. A 16 year old was doing, at the peak of the season, 12-14hrs netball (not including fitness testing).



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Continued....

Training Errors

While not underestimating the role of lower limb biomechanics in a lot of sporting injuries, the training errors also play an equally important role and if these can be identified early and the principles of quality versus quantity are applied these will help athletes both young and old to play at their best, enjoy their sport and remain uninjured.

In a Nutshell:

- Check your equipment - Shoes, or Orthotics if required prior to commencing a season's training to make sure they are functioning well.
- Remember a prior history of injury is the most accurate prediction of future injury, revisit any previously prescribed exercises or stretches prior to starting training.
- Start the training slowly and steadily increase. Plan your sporting year to incorporate some rest periods. Get help with this if you need to. WINTEC sport and exercise science students are often willing to help structure training plans at little cost.
- Perhaps sporting codes need to look at providing healthy training guides to junior participants.
- Set realistic goals and enjoy your sport.

Quality is often better than Quantity!

A New Level of Foot Strength

New product:

The "ArchCOACH™" is a new clinical tool that has recently been developed by an Australian Podiatrist, Ash Mahoney.

Ash has an interesting background, as a Podiatrist he is involved fairly exclusively with the athletes in based in Brisbane, Australia. He is from a sprinting/hurdle background and his first introduction to podiatry occurred after suffering a navicular stress fracture - a notorious hurdling injury.

Ash uses foot strengthening exercises as a key part of his treatment regime in his athletic clients. To help do this he has devised a tool which is known as "the ArchCOACH™". It is a fabric and Velcro structure that enables the person to apply certain degrees of resistance to the foot through the physical strength of the arms and work against this restraining mechanism. Ash has also written two books that describe structured strengthening approaches to the rehabilitation of certain foot conditions, both with and without the ArchCOACH™.

For more information visit www.footstrength.com.

* "How Lance Does It?" Brad Kearns., McGraw Hill 2007

** America Soccer Journal September 2007

Thanks to Asics and Smiths Sports Shoes Hamilton for their continued support of PodiEtry News.

Kind regards,

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Tibialis Posterior vs Peroneal muscles

