

# Irish Society of Chartered Physiotherapists



# Injury Prevention

Warm up & Cool Down  
Recovery Strategies  
Training Tips  
Common Running Injuries  
Injury Management



# Warm Up

- Jogging, strides, high knees, dynamic drills
- Prepares the body & mind for the race
- Move muscles & joints through range of motion required for running
- Pumps blood throughout the body
- Increases body & muscle temperature
- Prevents onset of injuries
- Allow 10-15 minutes to complete



# Cool Down

- Walk/jog for 5-10 minutes – keep moving!
  - Perform static stretches - see following slides
  - Stretch the muscle to the point of tension hold for 10-15 seconds x 2-3 reps
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- Static Stretching increases muscle length
  - Prevents the onset muscle soreness
  - Aids recovery – prepares muscles & joints for the next run



# Gluteal Muscle Stretch

## Hip Muscles

Gluteus maximus

Adductor magnus

Semi-tendinosus

Biceps femoris

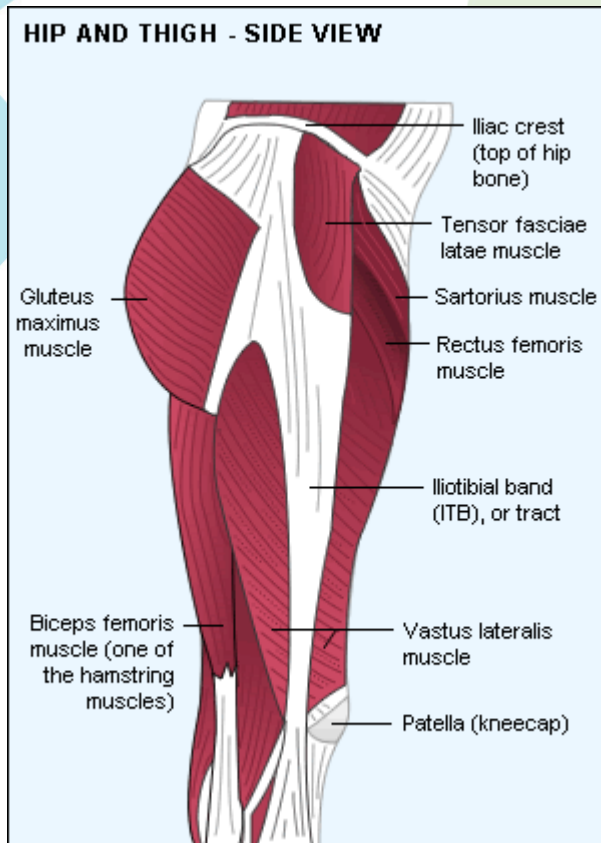
Semi-membranosus

Posterior view

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# Hip Flexor Muscle Stretch



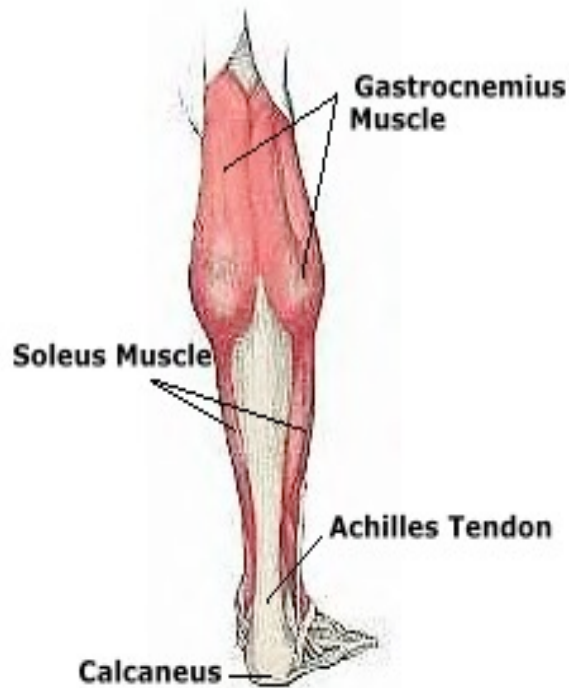
# Quadriceps Muscle Stretch



# Hamstring Muscle Stretch



# Deep & Superficial Calf Muscle Stretches



# ‘Foam Rolling’

Great piece of equipment used to Self-Release muscles that tighten during running

Hold each tender spot for 30-60 seconds, then ‘roll’ over the muscle. Spend 1-2 minutes on each muscle

Used on Gluts, Quadriceps, Calf & ITB – as shown below.



# Core Strengthening

- Your "core" refers to your stomach, back and buttock muscles.
- Core muscles work to support the spine and pelvis helping to maintain your posture during activity.
- A strong core leads to more efficient running and reduces the energy required for you to cover each mile.
- Perform on rest days/days when you do a shorter run
- The focus is on quality more so than quantity



# Training Tips

- Wear suitable runners for your foot type
- Follow inherent principles of running programme (never do two long runs back to back)
- 10% rule – never increase speed and distance by greater than 10% in one week
- Vary surface of runs approx 50% softer ground
- Vary direction of runs on track
- Never run if you feel unwell
- Make sure you take your 'rest' days
- Also include resistance training into your programme i.e. single and double leg squats

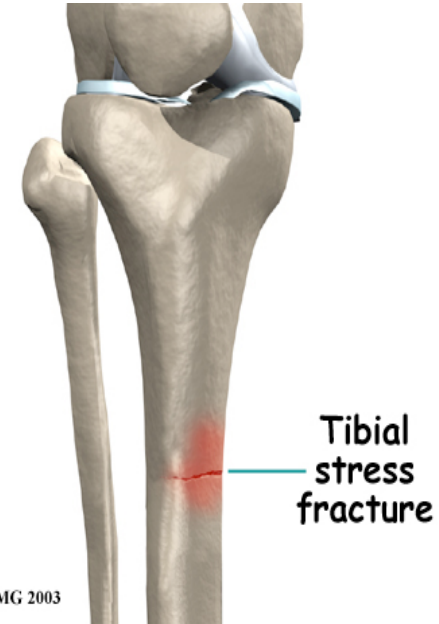
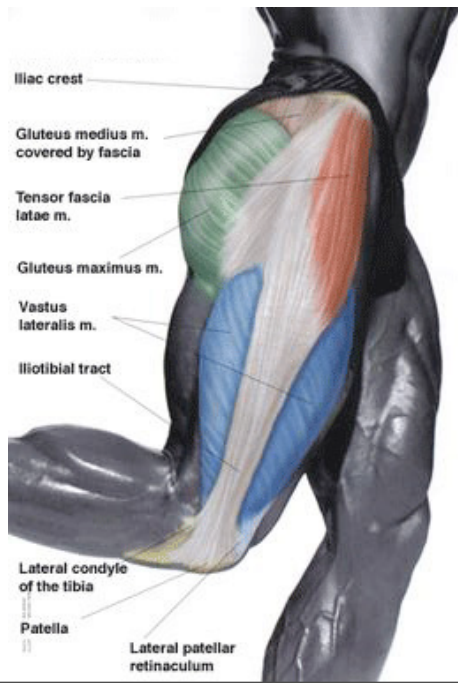


# Recovery Strategies

- Always perform a cool down
- 'Foam Roll' regularly
- Soak your body in an ice Baths especially after long runs
- Eat carbohydrate-protein snack & drink within 15 mins of your run and a balanced meal within 2 hours
- Have regular massages to aid recovery & loosen tight muscles

# 5 Common Running Injuries

- 1: Knee Pain
- 2: 'Shin Splints'
- 3: Achilles & Calf Muscle Injuries
- 4: Plantar fasciitis
- 5: Iliotibialband Syndrome



# When should you seek help?

Immediately

If you suspect a serious injury - torn muscle, tendon, fracture

3-5 days

If you have a 'niggle' that doesn't settle contact your Chartered Physiotherapist for Assessment, Diagnosis, Treatment & Rehabilitation

Injury Management

0-72 Hours – P.R.I.C.E. Regime Avoid Heat, Alcohol, Vigorous Massage, Moderate/Intense Exercise



## **P.R.I.C.E. Protocol**

### **Protect**

the injured area e.g. crutches

### **Rest**

the damaged area to avoid further injury

### **Ice**

5-10 minutes regularly first 72 hours to  
minimise bleeding to the damaged  
tissue & reduce pain

### **Compress**

the injured area to resolve swelling & aid  
recovery (tubigrip/compressive bandage)

### **Elevate**

the injured area to prevent the

# Irish Society of Chartered Physiotherapists

More information can be found at [www.iscp.ie](http://www.iscp.ie),  
the Golden pages or by contacting the ISCP  
directly on 01 4022148

Remember with Chartered Physiotherapists  
*'You're in Safe Hands'*

***Best of Luck!***