

**Frank Elford
Sports**

Running &
Yoga Specialists



Be Fit 4 Life

ISSUE 4 - OCTOBER 2015

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Running Group of the Month



Why should runners choose the Plymouth Harriers?

We are a friendly supportive club who cater for all abilities, right from total beginners to the running world up to the elite runner. Plymouth Harriers has been around the city for many years with many of the original members still running with us which is great. We were known as the 'Keyham Plodders' but changed the name and venue throughout the years. The new club kit is also 'cool' and we feel part of the 21st century!! We are all bonkers, enjoy running and having fun. Plus very loud and supportive!!

Where do runners meet on training nights?

Wednesday are our club night – we meet at Derriford Health and Leisure Centre from 6-630pm with announcements read and people hackling the chairlady throughout which is all good fun. We are out the door for a run at 6:30pm returning back to the Leisure centre for refreshments and a good catch up with everyone. Each group has a loop back policy where new members are looked after and no one is felt isolated.

Tuesday nights are our speed/interval sessions which meet at Brickfields car park between 630-6:45pm where we pound the streets of Plymouth for 30mins coached by one of our main experienced running coaches. His motto is if you are talking then you are not working hard enough....he is always telling me off for talking! It's a great evening and really does improve your fitness levels and your running times.

Saturday mornings we are part of Armada Network Group that joins in at the track sessions held at Brickfields 10-12pm. Again coaches from different clubs across the city get involved organising and facilitating a session each week.

Sunday morning runs are an early start of 7:30 am meeting at Plympton Pool, running at various distances and paces.

During the summer months, twice a week a sea swim is organised for those that wish to gain swimming experience for any future triathlons people wish to tackle. You do not have to be an experienced swimmer as everyone is supportive and willing to share their knowledge. It is also an opportunity to meet up in a social setting.

What is the best thing about being part of Plymouth Harriers?

Friendly atmosphere, humour throughout and so much enthusiasm and support by all no matter what ability to running. The great thing is we are also part of the Triathlon world so members are encouraged to have a go at a new challenge. We regard ourselves as a supportive club no matter what experience and embrace everyone regardless of ability.

How does the club support its runners on club nights?

We have a crazy chairlady who is extra loud on all levels, supportive committee and some crazy members so we are all encouraged to have fun enjoy running no matter what ability. We embrace all pace groups and levels of running. We are extremely supportive at racing events with some extra loud members cheering us all the way. We have events organised for members throughout the year including the awards night where we celebrate our achievements throughout the year at all levels and abilities of runner

What are the future ambitions for the club?

To continue with our ethos of supporting all runners no matter what ability to the running world, alongside encouraging people they can achieve new challenges, for example entering into the Triathlon world. To remain as approachable and friendly as we are. To continue to promote our

successful club because of the amazing club members and supportive committee we have. We are keen to encourage the younger generation to the sport. We cater for youngsters from 14 years upwards.

If people are interested in joining the Harriers, what are the contact details?

Our new members secretary Matt is available to answer any questions people might have about visiting Plymouth Harriers. Please email him on plymouthharriersrunner@gmail.com or you can contact myself chairlady Penny on 07595359805

Races in October/November

October

25 Tavy 7

25 Dartmoor Vale 10k/Half marathon/Marathon

November

01 Templer 10

08 Westward League – Newquay

08 Remembrance Run – St Michaels Mount

11 Armada Athletics Winter 3k

15 Plymouth 10k

15 Cornish Marathon

22 Falmouth Mob Match

29 Bicton Blister

Hello, my name is Paul and I am a Health and Care Professions Registered Podiatrist. My special interest areas are Musculoskeletal Podiatry and Biomechanics and I work from two clinics in the Plymouth area. Alongside this, I run an injury assessment clinic in Frank Elford Sports. I am also a keen runner with a long association with a local running club.

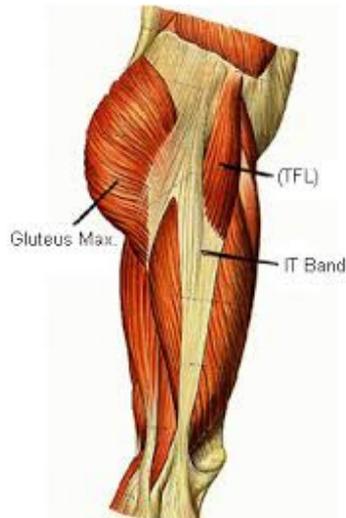


This month I would like to talk about Iliotibial Band Syndrome (ITBS) and how this condition causes knee pain.

I intend to touch on the causes of ITBS as well as the recommended treatment protocols, but my focus will be on just one type of treatment option - manual therapy, particularly as this is the one we are most likely to try ourselves first!

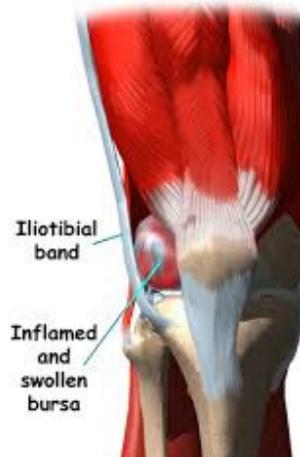
To understand the causes of ITBS a quick overview of the anatomy may be useful ...

The IT band is a long band of tissue known as fascia that originates from the hips via the Gluteus Maximus and Tensor Fascia Lata (TFL) muscles. The long band runs down the outside of the thigh and inserts just below the knee (outside of the tibia).



Between the band's origin and insertion it passes very closely at one point over a prominent area of bone (tubercle) on the outside of the femur -these two structures are protected from each other by a fluid filled sac called a bursa.

This site however is believed to be the most likely site of pain in relation to ITBS and an inflammatory type discomfort is felt as a result of bursa compression when the tension of the band is increased, ie when the origin and/or insertion are moved further apart from each other.



There are many reasons why tension of the IT band may be increased; here are just a few ...

1. Poor hip flexor muscle activation can lead to extra usage by the TFL muscle.
2. Internal rotation of the femur and tibia in gait caused by many muscle imbalances but mainly gluteus maximus.
3. A contra lateral pelvic drop in gait, which is when a pelvic drop on the non weight bearing leg causes a pelvic lift on the weight bearing leg - this can be caused by a weak gluteus medius muscle on the weight bearing side.
4. Exercise induced muscle fatigue/tightness.

ITBS is a complex multifactorial problem and rehabilitation should be sought by a suitably qualified health practitioner.

I would suggest that addressing biomechanical factors should be the main focus with particular emphasis on muscle strength and activation. There may also be a place for anti-inflammatory medication or treatments (advice should be sought from a suitably qualified health professional).

Manual interventions may also be considered in the form of massage, stretching and foam rolling, but this has to be done correctly and as not to cause further problems - this, I hope, will be the main message you take from this article.

Massage, stretching and foam rolling have been shown to offer some improvement in range of motion when dealing with soft tissue such as muscles. However, fascia is a thick, firm tissue that is almost impossible to lengthen. It is so robust that the above treatments won't even come close to changing its properties!!!

Look away now if you are queasy!



In a recent study it was claimed that to change the length (to relieve tension) of an IT band by only 1%, 9075 Newton's of force would be required - that is the equivalent of an 11 stone man or woman thrusting their thumb into your leg from one metre away at 290 mph!!!

We must also remember that compression is the likely factor causing knee pain in ITBS so rubbing, stretching and rolling the fascia, particularly at the site of the underlying bursa that was mentioned earlier is sure to aggravate an already painful area.

So what should we do when we try to treat a tight IT band with manual therapy treatments?

First we need to forget about working on the thick band of fascia; we have established we can't lengthen or stretch that. We need to go back and work on the associated structures that are more

responsive to change -that's the muscles that start to form the IT band - Gluteus Maximus and Tensor Fascia Lata!

Have a look at how to correctly use manual therapy treatments on these muscles...

1. Massage

Tensor Fascia Lata



Gluteus Maximus



2. Stretching

Tensor Fascia Lata



Gluteus Maximus



3 Foam rolling

Tensor Fascia Lata



Gluteus Maximus



Even though we have looked at ways of improving the way we should attempt to relieve tension on the IT band through manual therapy ourselves, the cause of the initial tension should always, in my opinion, be investigated by a suitably qualified health professional. This may help to speed up the rate of the recovery and help to prevent further problems in the future.
Run happy and pain free!
Paul

Nutrition



Ok, so first – Hello! There, that’s that bit done but I thought I’d better say it as I realised I’m on my third piece for the Frank Elford Newsletter & I’ve not even introduced myself – how rude of me!

I’m Helen, I’m a Level 3 PT with a HUGE interest in nutrition, and hence I’m also studying for a Nutritional Therapist qualification so watch this space for more in depth information & ponderings on the latest food fads, trends, & research as I learn more.

For the meantime, I’m generally looking for quick & easy ways for us all to improve our nutrition & eating habits without buying a cupboard full of unusual (& unpronounceable) ingredients and without spending half our monthly wages – just because it’s the latest super-food from Africa do you really NEED it? Especially if a home-grown organic carrot for example, could do the job with far less food miles?

So now for the homework – a recipe for Carrot Cakey Style Breakfast Bars – though they do make a fab snack at any time of day. Do let me know if you give them a try & your thoughts on taste, texture etc & perhaps tag a picture? – either at the Shops Facebook page or on Instagram @h_warman25.

“Carrot Cake” Inspired Oaty Snack Bars – makes 12

Pre-heat oven to medium – 180C/Gas 4

Ingredients:

2 very ripe bananas, 2 large carrots peeled, 1 pear, 2 cups oats, ¼ cup buckwheat flour (or similar wholemeal flour), ½ cup apple juice, ½ cup sultanas or raisins, ½ cup chopped dates, ½ cup walnut pieces, 2 tablespoons sunflower or pumpkin seeds (or mix of both), 2 teaspoons cinnamon, ½ teaspoon ginger, ¼ teaspoon nutmeg, ½ teaspoon vanilla essence.

Mash bananas well in a large bowl until almost liquid & hardly any lumps, grate carrots & pear straight into bowl so all juice goes in too. Add all other ingredients & mix well with a wooden spoon for several minutes (think of it as an additional arm work out). Line a 12” x 6.5” swiss roll/brownie tin with non-stick silicone/baking paper (not greaseproof as it will stick) & scrape in mix. Level off well, a flexible spatula is best for this (as are any plastering skills to get it nice & even!) Bake in oven for 20 – 25 min till browning gently on top. Remove from tin in paper & cool a little on a wire rack before cutting into 12 slices.

These will keep for a day or two, longer in the fridge but for best results wrap individually in greaseproof paper or cling film & freeze. Take one out in the morning & they will have defrosted in time for a mid-morning snack or defrost over night for a breakfast on the run. See the pre-oven image below (& check the levelling skills/plastering reference!)



Yoga Corner



Welcome back to the Yoga Corner :)

DIET

This month takes us to look at an insight into a day in the life of a yogi's diet

So what are the best foods to eat before we roll out those mats?

All you have to do is walk down any aisle at Whole Foods Market and you'll discover it's Disneyland for the health-conscious yogi. That said, I can't tell you how many times I've seen someone fill up a shopping trolley with health foods, (which are often pricey) but don't really understand why. To put it simply, foods that keep the body light, and the mind focused are encouraged as well as foods that give us sustainable energy and balance.

A sampling of favourites include:

Beets and beet greens, to support the gall bladder
Sweet potato for sustained energy
Avocado for potassium
Chia seeds to combat inflammation
Organic whey, hemp, or brown rice proteins for muscle recovery
Steamed greens for a spectrum of amazing vitamins and minerals
Patanjali, an Indian philosopher, ate tons of kale with fresh olive oil and drank spirulina smoothies every day since he was gluten-sensitive and hated dairy products.

Here are some ground rules:

Foods should be light and easy to digest.
Foods should be lightly cooked instead of raw.
Cooking oil should consist of stable fats, ie ghee or coconut oil.
Raw nuts should always be soaked.
Spices are encouraged for balancing the dosha.

There are some extreme eating guidelines which suggest fasting for several hours before a yoga class so that you're practicing on an empty stomach. For most people, however, this is a bit too extreme. For the modern yogi, let's break this down into two more exciting terms: (1) portion control, or even better, (2) common sense.

The beauty of yoga is that every pose is endless. Every posture comes with several delicious modifications so that every yogi has the opportunity to express the pose that's right for them. Nutrition is no different.

"If there are 6 billion people on the planet, there should be 6 billion diets."

BREATH CONTROL FOR CORE STRENGTH?

People often ask how breath control affects the core. This is key for most sports fanatics too! How do you use breathing mechanics to strengthen the core? Everything comes back to breathing. The diaphragm is the king of the core. If the diaphragm is dysfunctional, so is the rest of your core. If [your diaphragm] isn't used functionally for breathing, it won't work functionally for posture either, wreaking havoc on your ability to move. A properly functioning diaphragm feeds a properly positioned ribcage, which feeds properly positioned core muscles. When the ribcage is lifted and flared for chest-oriented over-breathing, the core muscles are pulled long and inhibited—namely, the internal obliques and transverse abdominus. This is why you can never truly strengthen your core without addressing the breath. Also, when an athlete has a lifted and flared ribcage with an anterior pelvic tilt, their pelvic floor is no longer under them. That means their respiratory diaphragm and pelvic diaphragm aren't aligned for synchronous function, which is a necessity for pelvic floor strength and overall core integrity. An athlete's vertical jump is definitely impacted by the strength of their pelvic floor.

Why not try to set up your perfect alignment now ?

90/90 - A Variation of LEGS UP THE WALL POSE.

Start with your legs up at 90/90, a variation of Legs-Up-the-Wall pose that sets the pelvis optimally for access to the diaphragm.

How-to: Start with your feet up on a chair or other surface that positions the knees above the hips. Keep the knees and ankles hip-distance apart, with the feet dorsiflexed (flexed upward). If the knees and/or feet splay out, put a foam yoga block or rolled towel between the legs to encourage adductor engagement and avoid external hip rotation. Arms should be next to the sides. Relax your upper trapezius muscles (the large triangular muscles in the upper back). If your head can't be placed comfortably (neck is arching), place a pillow under your head. Engage your transverse abdominus to position the pelvis in a neutral to posterior position that presses the low back. Focus on breathing with ribcage mechanics that expand and externally rotate the lower ribs on inhalation and drop and internally rotate the lower ribs on exhalation. The chest should only rise WITHOUT neck and shoulder muscle engagement. Emphasize the biomechanics of exhalation by engaging the internal obliques and transverse abdominus to internally rotate the ribcage and move it downward. Hold it there without taking another breath for a 5-count. This allows the diaphragm to functionally dome and initiate a proper inhalation. The count should be: 5-count inhale, 5-count exhale, 5-count hold. Do NOT hold breath after inhale—only after exhale. Repeat 8 times (approximately 2 minutes).

In this crazy go-go-go world, it's important to remember that rest is vital. It helps us recover from stress and strain by relaxing muscles, lowering your heart rate, and allowing your nervous system to constantly stop reacting, according to an Iyengar instructor, restorative yoga teacher, and sleep researcher Roger Cole. Take 10 minutes today to relax into this restorative posture below - Legs Up The Wall Pose - from Gail Grossman, founder and director of Om Sweet Om Yoga in Port Washington, New York. It's great for reinvigorating tired legs and feet. Like many inversions, it also has a calming effect on the nervous system, by giving the heart a rest. And it's great for helping release lactic acid from tired legs and in staying balanced while travelling because it helps circulate blood after you've been sitting.



LEGS UP THE WALL POSE - Viparita Karani.

Place a bolster on its flat side several inches from a wall.

Sit on the floor facing the wall, with one hip against one bolster end.

Lower your shoulders and head to the floor, lying on your side.

Then roll onto your back and up onto the bolster, eventually stretching your legs up the wall.

Adjust your position by scooting your tailbone toward the wall until it drops over the edge of the bolster.

Find a comfortable position for your arms, making sure they aren't touching anything but the floor. Settle into the pose and breathe. Hold this pose for at least 10 minutes.

To come out, bend your knees, push yourself off the bolster, and roll to your right side before pushing back up to seated.

NEW YOGA PRODUCTS

Great new funky leggings, workout tops, pretty restorative jewellery

This month sees the launch of new yoga style leggings, lovely crystal jewellery, together with Pilates balls to aid and develop your core strength and warm cosy yoga blankets for these cold winter nights, helping to comfort you and to complete your relaxation at the end of your class in Savasana (Corpse Pose).

NAMASTE

The Month in Numbers, words and Stats

60 – per cent increase in likelihood of snacking at work compared with at home.

‘Never eat anything bigger than your head’ – Miss Piggy

150 minutes of moderate to vigorous aerobic exercise a week x 10 years = 28% reduction in all-cause mortality among the over 60s

‘Running is about finding your inner peace, and so is a life well lived’ - Dean Karnazes