

## **KEEPING FIT DURING INJURY**



**You have an injury. This is actually a golden opportunity for you to learn more about your body and improve your running technique. Through this problem you can mould yourself into a fitter and faster runner. For some instant inspiration, here are some ideas.**

### **1. Build Your Strength**

Try gym work, weights and circuit training to build your overall body strength. Tired muscles often affect our running posture, leading to imbalance and increased workload on isolated muscle groups. If our overall strength is good, the whole body can give its support to running, our weight and the load on our muscles is then spread more evenly, and everything works more efficiently.

### **2. Try Aquajogging**

Aquajogging is a fantastic non-impact exercise. Kelly Holmes famously had a long spell of aqua jogging because of injury and went on to win 800m and 1500m gold at the Olympics!

### **3. Take Supplements**

Natural supplements can bring up to 50% faster recovery and bring balance to your joints and muscles. e.g. omega 3, 6, 9 oils; vitamins A, B2, B6, C, D3; glucosamine sulphate; ginger root extract; zinc; magnesium.  
[Source]

### **4. Try Cross-Training**

Crosstraining at a heart rate equivalent to your running heart rate will keep your fitness levels up. To give yourself a well-deserved boost, invest in a [heart rate monitor](#). This can also prevent injury from over or under training in the future. Cycling, rowing and swimming are all good low-impact activities to get your heart rate going. You

might take this opportunity to try something completely different – extreme ironing, chess boxing, clog cobbing, moonrock throwing and bicycle polo to name but a few!

## 5. Seek Advice

Learn about your body by asking your physio or osteopath questions. This way you can learn about your body's imbalances and consciously work to correct them. You are seeing a physio or equivalent regularly, right? If not, find a local practitioner.

## 6. Fuel Your Inspiration

Read inspiring books like *Born To Run* and *From Last to First*. The *Lore of Running* by Tim Noakes will keep you busy for a few days..

## 7. Try Yoga or Meditation

Try yoga, positive thinking techniques and meditation to give you peace of mind, poise and self acceptance. Ease yourself gently back into running. The last thing you want is to push your body before it is healed because of feeling frustrated and end up injured again.

## 8. Trigger Point Massage

Trigger point massage is an excellent way to release trauma from around an injured area. Work is done on the trigger point for a muscle which will then release the muscles which have locked to protect the damaged area. The bonus about this technique is that pressure is applied to the trigger point not the actual injury site.

## 9. Emotional Freedom Technique

Emotional trauma can be released by practicing EFT. Our subconscious mind retains an experience of humiliation, disappointment or rejection in sport, perhaps as a child, and keeps us in a cycle of injury to prevent that happening again. Think laterally – release the emotional trauma and release the injury!

## 10. Time to Reflect

Take this time to reflect on what might have caused the injury. Sometimes even when we are doing everything by the book, injury can still strike – we're only human after all! Often though, there is a clear cause, so think back and ask yourself what you will do differently when you are back to full strength. Were you pushing yourself to hard? Were you neglecting your warm-up or running stretches? Were your running shoes past their best? Use this opportunity to learn and change old habits. Admittedly this won't help you stay fit right now, but prevention is always better than cure.

**Remember, be persistent and persevering, but not forceful with your recovery programme. Never give up hope!**