

A Focus on Running

With Performance Integrated Health Physiotherapist, Raelene Lang

Q. As an experienced runner as well as a physiotherapist, what advice do you have for people who are about to start running or training for a running event?

I strongly believe in investing in proper footwear to provide adequate support and assist with lower extremity alignment. A safe way to start training is to alternate between walking and running, gradually increasing the running interval over time. A dynamic warm up including lunges, butt kicks, and toe touches is beneficial to reduced the risk of injury. I also perform a cool down, which consists of a slower paced run, which turns into a walk for 5 minutes.



Q. At what point should a runner see a physiotherapist? How can physiotherapy compliment a runner's training program? Is there a preventive approach they should take?

Most individuals believe that there is only a need for physiotherapy if an injury is present. In reality, physiotherapists can be seen at any time. We have the knowledge and expertise to properly assess a patient to reduce injury potential via strengthening and balance programs, education on proper body mechanics and movement patterns, etc.

Q. Are there any other complimentary treatments you would recommend?

Chiropractors, massage therapists, and physiotherapists all address the neurological and musculoskeletal systems of the body. Each profession focuses on a system more than the other and has unique ways of addressing and reducing the risk of similar conditions. For example, a chiropractor can help re-establish 'normal' joint movements, massage therapy can help discover and target muscle imbalances, and physiotherapists can educate and teach patients proper patterns and exercises to maintain the movements and strengthen muscles. Our naturopath can also provide sport nutrition, which can assist with recovery and performance. Finally, a visit with our acupuncturists can assist with pain management, restoring normal body function and address imbalances by stimulating cellular processes.

