

# Monthly Newsletter

Free please take a copy



July 2017 | Issue Number 56



Contact Your Podiatrists  
**The Footcare Centre**  
**01932 849373**

[info@thefootcarecentre.co.uk](mailto:info@thefootcarecentre.co.uk)

8 Monument Green  
Weybridge  
Surrey  
KT13 8QS

Web:  
[www.thefootcarecentre.co.uk](http://www.thefootcarecentre.co.uk)

## Vertical Marathon (Tower Running)

Vertical marathon is a relatively new and exciting sport. Contrary to conventional marathons, participants are supposed to climb the stairs of a tall building instead of a set route on the ground.

Vertical marathon is also known by the name "tower running". It has become increasingly popular among people all over the world. Vertical marathon is a trending craze that requires participants to defy gravity in addition to showing agility and speed.

### History of Vertical Marathons

Vertical marathons are said to have originated in Singapore in the late 1970s. According to the figures, around 130 men and 50 women participated in the race up 1,336 steps to reach the top of the world's tallest hotel at the

time, Westin Stamford – which stood at 73 stories or 226 meters tall. This event helped raise \$20,000 for a local charity. This race became so popular afterwards that now it is organized yearly at the same hotel, with thousands of athletes from all over the world participating.

Vertical marathon incorporates the lower body strength of runners which can be improved with the help of certain specific exercises and targeted training. Squats, lunges, sprinting and frequent practicing of running uphill can help a runner prepare for a vertical marathon.

Stair climbing itself carries multiple benefits as it is one of the best ways to burn body fat and calories.

### Oh No!!

*In June, we had **15** patients that failed to attend their appointment!*



## Vertical Marathon (Tower Running) (Cont'd from previous page)

The principal group of muscles employed in vertical marathon include those of the buttocks, legs and thighs, so sufficient attention should be given to strengthen them prior to running a vertical marathon.

Vertical marathon has reached all continents of the world. Abu Dhabi has organized a series of events recently and

its popularity has resulted in many more vertical marathons being announced to be held in the region.

Increasing popularity, along with the fun and excitement contained with this sport, has raised the profile of vertical marathons especially among athletes looking for a new challenge.



## Foot Injuries

Foot problems and injuries can arise in multiple settings and the contributing factors in each case must be considered. Here are some of the more common causes of such injuries:

### Underlying Diseases

Various diseases such as diabetes and vascular problems predispose feet to get injured easily as compared to normal individuals. Those with diabetes are particularly susceptible to developing skin problems, ulcers, calluses, gangrene (tissue death) or even amputations.

### Training errors or Overuse injury

Training errors are a very common source of foot injuries. Overuse in the form of overtraining as regarded by too much, too often, too fast, too soon as well as too little attention paid to pain, can lead to injury.

### Previous Injury

Another common cause of injury in runners is weakness, tightness or a previous hidden or asymptomatic injury which gets amplified or predisposes to a new running injury.

## Foot Injuries

(cont'd from previous page)

Proper treatment of an implicated running injury and an adequate period of rest before resuming training can eliminate this risk factor.

### **Incorrect Footwear**

Shoe-related problems can be attributed to improper fitting, lack of heel padding, improper lacing system and excessive shock absorption by the shoe.

Different types of feet have their own requirement of shoes and improper running shoes constitute an important factor in causing injury. Overused shoes often lead to overuse injury, and it is advised that the shoes should be replaced after reaching 500-600 miles of mileage.

Shoes that are comfortable, adjustable and suitable according to the person's natural anatomy (width or depth) are less likely to result in an injury.



### **Strength and Flexibility issues**

Inadequate strength and flexibility may cause foot injuries. Lower extremity muscle strength and core muscle strength plays an important role in walking and running. Similarly, your body's flexibility is also important. Flexibility or inflexibility problems of the ankle can lead to injury.

### **Walking/ Running Surface**

The ideal walking/ running surface should be smooth, flat, resilient, and reasonably soft. Hard, concrete or rough road surfaces and hilly surfaces impose greater loads and increase the risk of injury.

### **Anatomic abnormalities**

A major cause of foot injury is anatomic anomalies of the foot, such as high arched or flat foot, reduced range of motion at the ankle and hypermobility at the Subtalar joint.

High arched foot, also known as "Pes Cavus" is associated with the more rigid foot and lateral leg injuries. On the other hand, flat foot or "Pes Planus" is associated with hypermobile foot and medial leg injuries. Custom foot orthoses may be indicated in such cases.

## Foot Injuries (cont'd from previous page)

Other anatomic abnormalities increasing the risk of foot injury include bowed legs, knocked knees, asymmetric leg length and a high "Q angle" or quadriceps muscle angle.

If you face any persistent problems related to foot injuries, do feel free to book a consultation with us soon!

The Footcare Centre

8 Monument Green

Weybridge

Surrey

KT13 8QS

Phone:

01932 849373

E-Mail:

[info@thefootcarecentre.co.uk](mailto:info@thefootcarecentre.co.uk)

Web Site:

[www.thefootcarecentre.co.uk](http://www.thefootcarecentre.co.uk)

If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

The Care,  
Professionalism and  
Time that your feet  
deserve



### Wimbledon

Every year following Wimbledon, we suddenly get the urge to go outside, pick up a tennis racket and start playing tennis!

Injuries to the lower limb and back are common problem in tennis players. This is because Tennis is a fast paced game, where there is a lot of high impact foot strikes and sudden direction changes.

There are a few simple things that you can do at home to reduce the risk of an injury that could stop you playing.

#### **Footwear:**

A Tennis shoe will provide greater lateral stability compared to a normal trainer, which will reduce the risk of ankle sprains, and help give you a more stable base from which to play your shots.

#### **Stretching:**

One of the most important pieces of advice that can be given to people who either already play tennis or are just starting out, is to adopt a good stretching regime.

The muscle groups most prone to injury are your Calf muscles at the back of your leg that attach into the foot, and your hamstrings which are behind your knee.

Muscles take time to stretch and it does not happen overnight. Stretching should be carried out every day, even when you are not playing tennis.

This will ensure that the muscles are stretched effectively in a gradual process.

#### **Warm up before playing:**

The whole reason for warming up is to allow the muscles to loosen up slightly so that they are far less prone to muscle strains and tears. A simple effective way to warm up is to carry out a very light rally with gentle shots and body movement, followed by a simple stretching routine.

Like / Follow us.....



[www.facebook.com/thefootcarecentre](https://www.facebook.com/thefootcarecentre)



<https://twitter.com/footcarecentre>

**Attribution:** All images are from 123RF