March 2024

Physio Action

MARATHON BLOG

Stephen Kirk ~ Physio Clinic Manager



Challenge accepted of running the Rob Burrow Leeds Marathon.

Many of our patients attend physio as they encounter injuries whilst training for long endurance events like the marathon.

Stephen is going to complete a monthly blog to update us on his progress + how he is trying to avoid injury.

Stephen has been managing a chronic Achilles tendinopathy + recurring ITB issue - check back next month for advice on how he manages each of these conditions.





Get Stronger!

Research shows that simply doing 2 x 15 minutes of strengthening sessions / week can significantly reduce your risk of injury.

Don't just run!

Doing a varied training regime helps your body to spread the stresses on it + helps to prevent overuse injuries. Do some cyclying, swimming or cross-training to mix up your training but still keep the mileage up.



Sleep more!

Sleep is so important in so many ways + is really important to allow our bodies to heal + recover from physical + mental stresses.

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