

Easter Ten Road Race

The British Chiropractic Association leads the way to the road of recovery following the Easter Ten Road Race on 2nd April 2010

Many runners will be waking up on the 3rd April feeling very satisfied that they have completed the 2010 Easter Ten Road Race but some runners will have pushed themselves to their limits causing all kinds of pain from the joints to the lower back, after 10 miles of running around Maidenhead Office Park.

The **Havelock Chiropractic Clinic** has some tips to help to get runners back on their feet.

BCA and GCC Chiropractors, Rebecca Rees BSc (Chiro) and Jack Stow MChiro comment on the strains of running this distance and explain how to minimise the inevitable discomfort in the aftermath.

“The atmosphere of the Easter Ten Road Race is phenomenal and is what enables many participants to push themselves harder than ever. Obviously, this is great in that it helps many reach the finish line, however the adrenaline rush also means that some people are pushing themselves too hard and not listening to their body’s natural resistance – and often it is only afterwards that the damage is revealed. Stopping at the first sign of pain certainly during training is important, though at a major race or event such as the Easter Ten it’s obviously not that feasible and runners need to persevere through various forms of pain. They will pay for it, but the thrill of finishing is worth it!”

For a safe and effective wind-down after the race:

- *Don't Stop Moving:* Keep gently mobile, e.g. regular walking for 5-10 minutes. It is the last thing you feel like doing but remaining static should be avoided at all costs
- *Ice, Ice, Baby:* For specific injuries such as problems with joints, applying ice is recommended. This is most effective when done immediately but still works when applied in the days following the race
- *The Heat is On:* A hot bath is ideal for strained muscles and overall rejuvenation. After all, the Easter Ten is physically draining, so it makes sense to relax and literally bathe in your glory!
- *Food For Thought:* Snack regularly on food, ideally that is high carbohydrate, low fat, some protein, (e.g. tuna sandwich) and drink lots of fluids. Refrain from drinking alcohol until fully rehydrated.

The trick really is in the training. You might want to consider chiropractic treatment as a way of monitoring your progress as you train, as no ‘niggle’ is left to develop into a more serious injury. Having regular check-ups can really help overall fitness development as any slight pain being experienced can be immediately addressed and fixed.

Director: P T CHRISTER MChS

Havelock Chiropractic is a trading name of Maidenhead Podiatry Limited
Company No. 5786332 Registered in England and Wales

Chiropractic care offers hands on pain management and focuses on muscles, joints and nerves. Chiropractic is suitable for all ages and can help with a wide range of aches and pains from head to toe. Chiropractors use their hands to 'adjust' or 'manipulate' the spine and joints where signs of restriction in movement are found and can also involve working on muscles. This restores normal function to the affected muscles, joints and nerves allowing the body to then get on with the job of healing itself.

Clinic Information

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Opening Hours

Monday	08.00 - 20.00
Tuesday	08.00 - 20.00
Wednesday	08.00 - 13.00
Thursday	08.00 - 20.00
Friday	08.00 - 17.00
Saturday	08.00 - 12.00