

You
'CAN
Run
Pain Free!

A physio's 5 step
guide to enjoying
injury-free and
faster running

BRAD BEER



What others are saying ...

As a professional athlete, the ability to run pain and injury free has been critical to my performance. At last Brad has distilled the same principles he has used to help me run pain free over my career into a resource available to runners of all levels. If you have an interest in exploring your running potential, read this book.

Shannon Eckstein, Ironman legend (eight times winner Nutri-Grain Series, five times World Ironman, six times Australian Ironman champion)

I am thrilled that Brad has written a book that will truly enhance all athletes' ability to stay healthy and injury free. I have such great respect for Brad and his practices and philosophies. He has helped some of my athletes get back to running quicker and more effectively than any other physio ever has. Not only this, but with Brad's help, and the help of this book, I plan also on these athletes staying injury free throughout the year, and year after year!

Siri Lindley, former world triathlon champion and Olympic triathlon coach

At the APA, we live by the mantra, 'Move well, stay well'. Australian physiotherapists are well equipped to help the community stay physically active at all levels. Brad's book serves this function by debunking the myths that prohibit many people from running for fitness.

Cris Massis, CEO Australian Physiotherapy Association

Brad's passion for running and zeal to help others shine through every page of his new book. This work is underpinned by sound biomechanical and physiological principles, all written in his easy to follow, inimitable style. Thoroughly recommended.

Dr Ralph Vida MBBS (HONS) (Ad.) FRACGP

As a GP for more than 30 years, a long-time runner and a self-referred client of Brad's, I can attest to his knowledge, enthusiasm and positive approach to the injured runner. He understands the goal is to return to running – not change to walking or take up another sport! Brad's methods helped me to achieve a successful return to running after injury.

Dr Dianne Nichol MBBS (HONS) (QLD) FRACGP

Brad's passion for and knowledge of both running and physiotherapy is evident in this book. Any runner will find it of great benefit in their quest for injury-free and faster running.

Emma Moffatt, dual Australian Olympian and world champion triathlete

It never ceases to amaze me how quickly I'm on the road to recovery or just generally tuned up every time I see Brad. I often say, 'he is a genius!'

Mat Rogers, dual Australian rugby representative

The combination of Brad's passion, knowledge and clinical experience in all things running makes this book a must-read and valuable resource for runners of all ages and experience levels.

Steven Obst, physiotherapist and PhD candidate, Griffith University

Brad is a high-performance physiotherapist and his insights about running well and running fast have been gained through both personal experience and treating some of the world's leading athletes over many years. This is a must-read for any runner – from beginner to professional – with simple and highly effective strategies to help you achieve your running personal best, injury free.

Dr Hal Rice MBBS (UQ) FRANZCR, MRI imaging specialist, Associate Professor Griffith University and Bond School of Medicine, and sub 2:40 marathoner

Authentic and honest, Brad is a health professional who lives and breathes in a runner's body. Long may you run, Brad – you and your readers.

Peter Hall 140,000 k and still going, and proprietor NIKE Robina

Brad's five step method is a proven way of beating running injuries. This book really does unlock the 'secrets' to running pain and injury free!

Hayley Bateup, professional Ironwoman and three times Coolangatta Gold champion

As a trail runner and age-group triathlete, I've had many niggles that have threatened my running career. But Brad's expert knowledge of human physiology and running mechanics has seen him diagnose and rehabilitate even the most obscure problem. He knows his stuff! These five steps will keep the injuries at bay and improve your speed but, best of all, they will see you spending less time at the physio and more time on the trails. Physio Brad has done himself out of a job!

John FitzGerald, trail runner, age-group triathlete

In just five months, I've gone from zero to cruising through my first 21 km (injury free)! Without Brad, this feat would have been insurmountable, but Brad's five step method has made the impossible, dare I say it, absolutely enjoyable!

Rev Ralph Mayhew, pastor at Newlife Uniting Church

Brad has helped me with ankle and calf injuries. Brad is sincere, extremely encouraging, knowledgeable, and an expert in his field. Brad's running workshops are first class and a must-do for all types of runners. It has revolutionised the way I run.

Chris Hassell, runner

After two years of not being able to run at all due to plica syndrome in both knees, Brad had me up and running again within weeks, and totally without pain or injury. By following Brad's exercise plan, I'm running regularly and doing all the training I previously enjoyed. I am still amazed at the speed of my recovery and feel truly grateful to have met Brad.

Lesley Odisho, psychology student

I've never met anyone else with such professional enthusiasm to help others return to the activities that they love. Brad's energetic passion is contagious, leaving no stone unturned in his pursuit of excellence.

Graeme Rundle, personal trainer

Having suffered the runner's 'bust' that Brad aptly describes in his book, I'm delighted that his advice and care have returned me to running with renewed confidence so quickly.

Sheree Young, GM and co-owner, Body Science International

I was on the brink of giving up on my running ambitions until Brad reassured me that he could restore my dream if I followed the recommendations he provided during treatment sessions. I have come so far ... from being able to jog for only two minutes (due to an ITB band injury) to now competing in the 10 km at University Games. Thanks Brad for getting me back on track!!!

Joshua-Kaleb Faulkner, runner and university student

As an ageing recreational runner and competitive squash player, it's all about injury management for me. Brad has helped me recover quickly from an annoying knee strain that I'd been struggling with for some time. I'm glad I recently switched to the 'guru'. He understands runners and their injuries better than any other health professional I've been to in the past.

Martin Simpkins, runner

While training for my first marathon, Brad not only treated and repaired an injury I got, but he also gave me an exercise and running plan to ensure it didn't recur and I was 'strong' enough to handle the heavy work load. I made it thanks to Brad! It will be refreshing to read an educated and informative book written by an Australian, a runner, and an expert in his field.

Travis Ireland, Director Corporate Challenge Events

As an age group 55+ triathlete, I would often struggle with the run leg due to injury. Due to Brad's guidance, physiotherapy skills and recommended exercises, I now love to run pain free. I'm sure I'll be running for many more years to come. Thanks Brad.

Janette Lindores, triathlete and runner

Keeping fit and healthy by running is essential for me in my life at work and at home. When injury has hit, Brad's experience, expert advice and excellent treatment has put me back on the road, faster than I expected.

Stuart Quarterman, Baptist pastor

Working in a busy gym, I come into contact with many people carrying injuries, and facing possible surgery. My first suggestion to them is to go and see Brad at Pogo Physio. Brad will assess the problem and why it's occurring, and get you on

the road to recovery without the downtime. Brad has also treated many of my running and various other injuries over the past several years. No matter what injury I confront Brad with, he always gets me back training without unnecessary downtime, exceeding my expectation every time.

Jenny Hocken, personal trainer

Brad Beer is an absolutely excellent physiotherapist who has always provided me with an amazing professional and friendly service. He knows how to work with each individual's body to strengthen muscles and eliminate pain.

Daniel Coleman, professional triathlete

When looking to overcome a running injury, there is no better physio to see than one with an elite running background. Brad's knowledge and 'layman's' explanation of what is wrong and how he can fix it puts your mind to rest during your first consultation.

Paul Knight, runner

Having spent the last sixteen years being a professional athlete, I can honestly say I have had the results Brad has given me; the man is the body messiah!

Nick Gates, Cycling Management, former Tour de France competitor & professional cyclist

Brad has kept me going through various injuries such as plantar fasciitis and Achilles injuries. He always gets me back on my feet and going again. I would not still be going without him!

Christine Manning, triathlete

Brad helped me with a hamstring problem that lingered for three years. It has now been addressed with proper treatment, exercises and care. I'm so happy!

Karin Jackson, triathlete and runner

Returning to running fitness after injury can be a long road but with Brad's experience and expertise at least you know it's a sure thing.

Dr Sam Jones, veterinarian and runner

Utilising the exercises contained within this book I was able to go from not being able to walk downstairs without severe knee pain to being back in full training in only four weeks. Thanks Brad.

Luke McDonald, CEO Community Services Institute of Training

As an orthopaedic surgeon specialising in knee surgery, it's clear running technique plays a vital role in injury prevention. Brad's 5 Step logical approach to avoiding and correcting the multifactorial causes of repetitive running injuries is a fantastic resource for Runner's of all levels and ages.

Christopher Vertullo MBBS, FRACS, FAOrthA, Director Knee Research Australia, Adjunct Assoc Professor, Centre for Musculoskeletal Research Griffith University

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To my wonderful parents Margaret and Arthur, thank you for your many years of sacrifice, love, and support.

To my beautiful sister Belinda, thank you, for always being in my corner, for the wins, troughs, and everything in between.

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Finally, to my own Heavenly Father for the revelation to not leave one's legacy but rather to live it.

Dedication

This book is dedicated to the thousands of runners who throughout my career have trusted me with their physical health and performance.

It has been my great pleasure to have helped you unlock your true running potential. May you continue to enjoy life-long pain and injury free running.

Run on.

*May your running add life to your years
and years to your life.*

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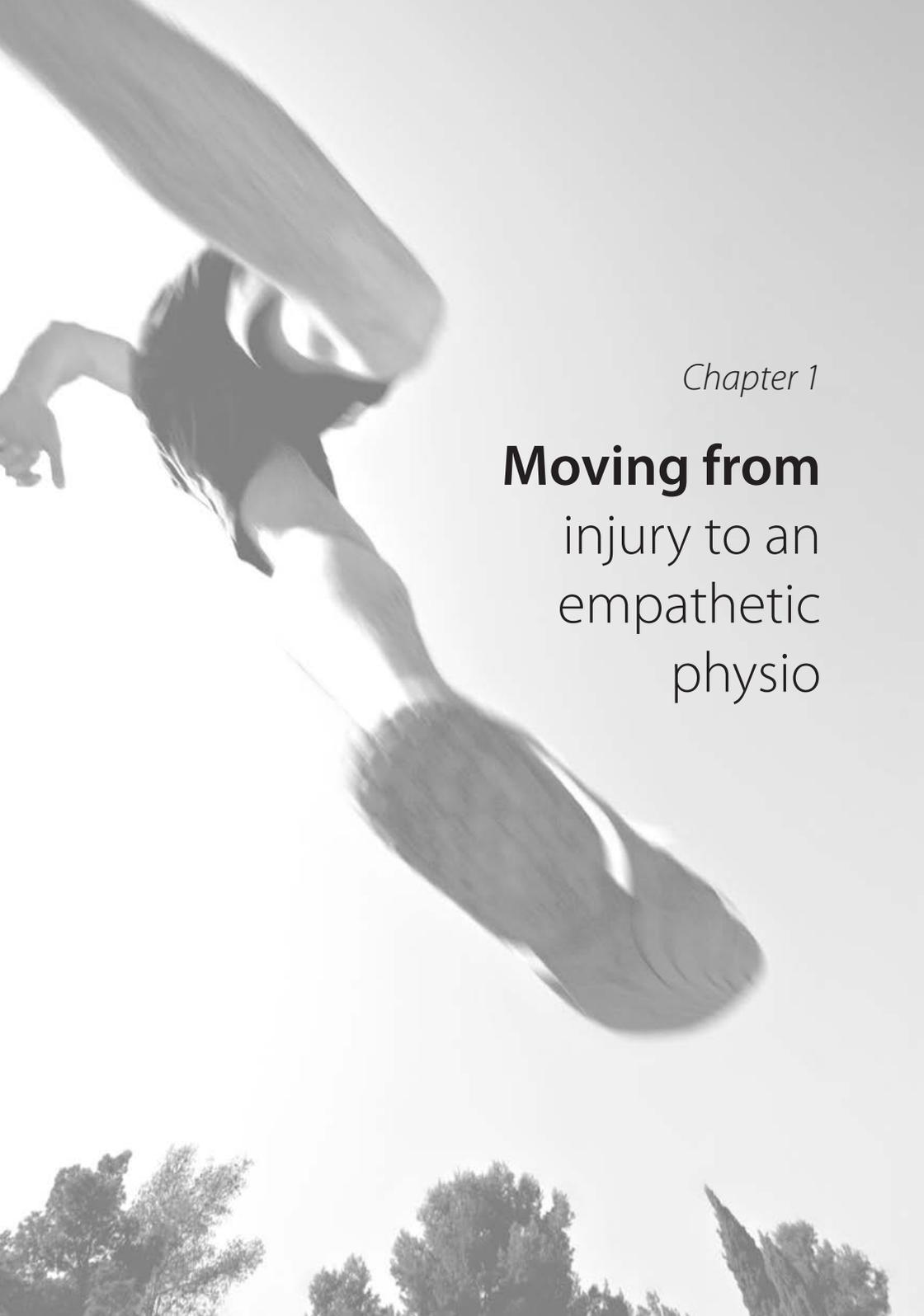
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PART I:
My story



Chapter 1

Moving from
injury to an
empathetic
physio

An injury-laden youth

My first recollection of being awestruck by someone running was when I was 12 years of age. I was in front of the television watching the Tooheys Blue Triathlon Series. This series, which started in 1992 and ran for the better part of eight years, had exploded onto the triathlon scene in Australia and captured the imagination and interest of the sport-loving nation. In later years, the series would become the St George Triathlon Series, before its last iteration as the Accenture Triathlon Series.

In those early days, the triathlete I was most enamoured with was Brad Beven. Brad was a multiple Australian and World Series Triathlon Champion. He was an all-rounded and highly gifted athlete. And he had a cool nickname – ‘the croc’ – because, growing up in Far North Queensland, he used to complete his swim training in a creek that was home to a large crocodile. I would sit transfixed as I watched Brad lead from the front in the majority of races that comprised each round of the multi-round series. The races were normally short and very fast and, therefore, full of excitement and drama.

Brad attacked races at every chance he got, claiming victory after victory and back-to-back series titles. Brad’s run leg was blistering fast; however, it was his unrelenting intention to win every contest that made watching this great athlete so exciting.

Brad's dominance in this series cemented him firmly as one of Australia's favourite sporting heroes. He was certainly mine.

The viewing of the series and my desire to be 'the next Brad Beven' had me hooked on the sport of triathlon. I had found a childhood hero who I earnestly wanted to emulate. Over the next seven years, when asked by career teachers and well-meaning adults what career path I wanted to take, I told all of them that I was going to be a professional triathlete.

Could I even make a living from it? Was it even a sustainable lifestyle? I didn't know. I certainly hadn't researched the life of a professional triathlete to determine if it was even viable. I simply loved the sport. My sole intention was to emulate the feats of my childhood sporting hero, Brad Beven. I saw the first step of reaching Beven's heights as becoming a professional triathlete.

Fortunately for me, my ambition was bolstered by some natural talent for endurance sport. I performed well at school cross country and swimming carnivals, rode a bike well in local cycling road races, and even went on to make state representative triathlon teams. My dream of becoming a professional triathlete seemed to have some merit – I seemed to be laying the groundwork for making this my career.

Even as an adolescent I knew that in order for my dream of becoming a professional triathlete to become a reality I needed to be focused and committed to training. Fortunately, along with my natural ability, I did not lack ambition, motivation or self-discipline. I had no trouble getting up early on the sub-zero winter mornings that were common in Grafton, the country town I grew up in. Nor did I mind walking through freezing

cold paddocks to get to the main road so I could get a lift from a fellow swimmer's father to go to swim training at the local indoor pool.

My progress toward achieving my goal of becoming a 'pro-triathlete' was not to be derailed by the cold mornings or early training sessions, or by the lack of commitment that derailed so many promising junior sporting careers. Instead, the greatest difficulty I experienced as an aspiring junior triathlete was the frustrating challenge of recurring and excessive running-related injuries.

Fortunately, I was training for triathlon – the run leg was only one part of a race and my bike and swim legs remained relatively injury-free. This allowed me to log plenty of work on the bike, and in the pool, which kept me fit. My running training, on the other hand, was plagued with a seemingly never-ending string of running-related injuries. It seemed like I was always injured! I was regularly sitting out running training sessions and, at best, my running training sessions were modified, which at least allowed me to maintain some degree of 'running' fitness.

Arriving at a defining life question

At the age of 14, just 24 months into the pursuit of my life dream of becoming a professional triathlete I was already beset by injury. My local running coach recommended I see a highly regarded physiotherapist with the hope of getting my injured body 'back on track'. The physio my coach recommended lived over 200 kilometres north of my hometown, and her name was

Suzanne. Suzanne's expertise and the high recommendation my coach had given her meant the distance was overlooked. Making the long return drive to Ballina in order to see Suzanne became an almost weekly ritual.

My injuries were a combination of the most frequently experienced adolescent sports-related injuries. I experienced Osgood-Schlatter disease in both of my knees, Sever's disease around my heel and Achilles, and a recurrently sore and stiff lower back. In addition, I also incurred many running-specific injuries including: ITB friction syndrome, plantar fasciitis, and some hip-related problems and pains.

As well as my numerous sports injuries, I was involved in various crashes off my bike that occurred either while training or during races. These bike crashes added to the number of long drives to receive Suzanne's physio treatments. However, the long drives and necessary compliance with the prescribed home physio exercises that Suzanne would set were an easy sacrifice to make. I was so focused on chasing my professional triathlon career. Nothing was going to stop me. Not even my growing injury list.

Meanwhile, at the training track, my many adolescent injuries resulted in a modified running program. My running coach, Terry, a retiring school teacher, would have me water running and doing running drills while the other non-injured athletes would run. One afternoon I can recall doing 3 kilometres of a walking high-knee drill while the other athletes looked quizzically at my peculiar training session.

The modifications kept me training, but not at the peak running level that I required. My inability to complete the

required running training affected my performance during the run leg in the junior triathlon races that I was regularly competing in. It became very common for me to lead a triathlon event after the bike leg of the race, only to fade on the run leg. I was used to getting passed by other competitors on the run leg and battling on trying to retain a podium finish. If unsuccessful, I would regularly be relegated out of the podium places and into the minor placings.

My running ability became a point of anxiety for me, and cast doubts in my mind as to whether I really 'had what it took' to be a professional triathlete. At one point, the multitude of injuries I suffered got me very down emotionally. I recall my caring mum trying her best to console me after one particular disappointing school cross country result. I was 15 years of age and I was sitting on my bed with tears welling up in my eyes. My mum said, 'Maybe you are just not made to be a runner, Brad. You can't be good at everything.' I was devastated at the thought that maybe Mum was right. Maybe I didn't have the running ability I would need to succeed as a professional triathlete. Many questions arose as I sat there on my bed with the tears flowing.

My concerns about the possible mismatch between my running ability and my sporting aspirations continued to grow. My mother's words echoed loudly. Did I actually have what it took to be a professional athlete? Would I ever be able to improve my run leg? Maybe I wasn't meant to be a runner? Perhaps my strengths lay elsewhere? Should I choose another sport? Maybe just stick with cycling?

I had begun to loathe the run leg of the triathlon and running training. Running had become my nemesis, my

‘Achilles heel’, and a point of almost embarrassment. I had little confidence in my running ability.

I recall many nights trying to get to sleep. I would lay there wondering whether I would always struggle with my run leg. I remember the disenchantment I felt when I pondered whether persisting on with trying to run pain and injury free was worth it. Was my body actually ever going to be able to run pain and injury free?

Becoming a physio who understands injured runners

Fast-forward to my career as a physiotherapist and I now treat scores of injured runners. In many of my injured running clients I see the same state of despondency that I felt as a young teen sitting on my bed. Just as I felt disheartened, and pondered the merits of persisting on with running and trying to run pain and injury free, so too are the musings of the vast majority of the injured running clients I consult.

Through my own experiences, I have developed an ability to empathise with the injured runner’s disappointment, and the weight of emotion that this disappointment brings. This ability to empathise serves me well. My understanding of how the injured runner feels allows me to connect at a ‘visceral’ or ‘gut’ level. This connection is extremely beneficial in developing trust with the injured runner. Their knowing that they are working with someone who truly understands not just their condition but also their mindset is comforting.

I know the anxieties created by not being able to run due to injury. These are not only the short-term anxieties about loss of fitness and weight gain, but also the longer-term fears about not being able to do the thing that the injured runner loves to do – run. This understanding borne of my own experiences allows me to be more than just clinically effective. I have found that injured runners like to know that their feelings about their injury are acknowledged and, most importantly, that I as the therapist understand how they are feeling.

The question I arrived at as a teenager – ‘Is it possible for me to run pain and injury free?’ – is the core question that so many injured runners seek an answer to. Yet so many injured runners find it difficult to acknowledge that this is the very question that concerns them the most. Few runners voice such a question. Rather they ‘park’ it in their brain as a question that they will seek their own answers for. Their quest for answers will often be via their own experiences in overcoming their injuries, their own research, and the information and experiences they can glean from other like-minded and challenged runners. But more help is available.

The five step method that you will discover through reading this book will guide you towards experiencing pain- and injury-free running. The five steps will help you to unlock your true running potential.

Finally beating my injuries

In my final year of high school I was involved in a bike crash during a National Junior Triathlon championship race. My

list of injuries was extensive: a fractured clavicle and scapula, subarachnoid brain haemorrhage, cartilage damage to the knee, and widespread contusions and skin damage. An extremely long and arduous physio rehabilitation ensued, as did a prolonged break from my triathlon and running training. A return to training was not possible until six months following the crash. Even then the best I could manage was a partial return to training. A full return to training was not possible due to my many injuries.

After finishing high school and slowly getting back into my training, I moved to the Gold Coast four hours north of my country hometown. My motivation for moving was to train with Bill, a highly regarded triathlon coach. It was the year 2000 and triathlon was soon to make its debut at the 2000 Sydney Olympic Games. In Bill's training squad was Craig Walton – one of the male triathletes representing Australia at the Olympics. I was in my element, as Craig Walton, just like Brad Beven, was a triathlon hero of mine.

That same year I started an exercise science degree at university. However, even after a prolonged break, extensive physio rehabilitation, and a gradual return to training, my attempts to train were frustrated by pain and post-crash residual injuries. I was still in pain as a result of the injuries incurred from the bike crash one year earlier. I was frustrated with the pain and my inability to progress. Bill, my coach, suggested I take a year out from triathlon training to allow my body to hopefully heal and 'settle down', and focus on university studies. I was emotionally torn about taking the break. I was fearful of taking time out and the associated opportunity cost it may carry. On the other hand, I was tired. I was sick of the pain

and discomfort and limitations involved with not being able to do what I loved to do. I was also frustrated, as I was doing everything I knew to do and had been advised to do with no breakthrough. Reluctantly, I agreed to the break.

My one-year break from triathlon training, however, became many more years. An injury legacy from my bike crash that I later became aware of was a deep and very painful catching pain in my left knee. I would experience this pain every time I attempted a squat, or even something as simple as walking down stairs.

A few years later, and three years into my five-year university degree, with my knee pain worsening, I elected to have knee surgery. The surgeon, a highly regarded knee surgeon, was surprised to find a large cartilage crack lining the groove of my femur (thigh bone). He performed surgery, 'patched it' to the best of his ability, and sent me off with instructions to manage the knee.

The surgery had involved a procedure whereby the unstable cartilage was essentially 'picked' at with a surgical tool that resembled an icepick. Just as you would chip away at an ice block with an icepick, the surgeon picked away at my cartilage crack. The hope was that this micro-trauma to the cartilage and bone would stimulate the growth of new cartilage. Given the nature of the injury, however, the surgeon was not as hopeful of a full resolution and successful outcome as I would have wished. He counselled me that because the cartilage had been so badly damaged, I needed to accept that my symptoms may never be fully resolved. His last instruction was to minimise the amount that I ran or, ideally, avoid running all together.

Over the two years that followed surgery I made many attempts to run; sadly, none of them were void of my knee pain. I grew despondent and mildly depressed. Fortunately, this time around I was distracted by the rigours of my university degree which was now an Exercise Science degree combined with Physiotherapy.

As my university and part-time work commitments escalated, I was in no immediate rush to return to training. I threw my physical energies into regular surfing and gym-based training. At 25 years of age, and after my multiple failed attempts at running throughout my university years, I eventually let go of my professional triathlon dream.

The relinquishing of my childhood professional triathlon dream was softened by my focus to graduate from university as a physiotherapist. I planned to work with injured triathletes, runners and other athletes who were experiencing the waves of emotions associated with being injured.

A personal and professional collision

My first experience in the physiotherapy industry was as an employed graduate working in private practice. I was squarely focused on the treatment and rehabilitation of sports injuries; however, I quickly grew disillusioned with the environment and culture of the practice where I was employed. So, within several months of graduating, I handed in my notice on my first physiotherapy job. And, within one month of resigning, I opened my own private practice – something that, though extremely exciting, demanded long days and enormous hours.

While I was busy building and developing my practice, with very little ‘down time’, my fitness and further attempts at pain-free running training took a back seat. Several years into the life of the practice, I accompanied my wife on my first holiday and break away from the practice – a trip to Portugal to visit my wife’s family.

One of the purposes of this trip was for my wife to complete a required university medical placement with her father (a Portuguese doctor). While my wife spent the day at the hospital working with her father I was without transport, bored and stuck waiting for the end of the work day. To pass the time I decided to start doing some runs around the local town where my father-in-law lived. On one particular run I ran for an hour. To my surprise I experienced very little knee pain. At the time, I didn’t know why; I was bewildered. I wondered whether my knee had settled down as a result of the surgery. Perhaps the cartilage had regenerated or stabilised as the surgeon had hoped for?

Knowing about human cartilage’s inherently poor ability to regenerate or heal, I was sceptical that the surgery had worked. I contemplated the possibility of ‘supernatural healing’. That’s right, a miracle! Three years earlier I had followed my wife into a local Christian Church. There, I found a real and genuine faith in a Creator. As I tried to reconcile my knee’s improvement in function I recalled a prayer I had prayed, where I had offered God to do whatever He wanted me to do in exchange for my knee being healed. There I was – so desperate for help, I was ‘brokering a deal’ with God!

Divine intervention or the result of surgery, either way it seemed too good to be true – all I knew at that point was that

this was the longest run I had done for over five years. Pain-free running was not something I had been accustomed to since my triathlon bike crash, which was now some eight years prior. And the best part was that this initial pain-free run was followed by many others.

On returning to Australia I set about running longer runs, and even made a return to the occasional track running session. Still no pain! Buoyed by my newfound ability to once again run pain free, I did something that as a junior athlete I had never entertained; I entered my first marathon. I completed my debut marathon with relatively low running kilometres behind me – and, incidentally, missed my goal time of three hours by just 90 seconds. I was hooked!

It was during my training for my marathon debut that I began to research running technique. I quickly recognised that my running technique needed to improve. I implemented the best of the information about running technique that I had sourced during this 12-month period into my own running. The results were wonderful. I was running much faster as an adult runner than I had ever done as a junior triathlete. My 5-kilometre and 10-kilometre times were at a level that as a junior, I had not thought were possible for me.

Meanwhile, in my physiotherapy practice, I became increasingly aware that running technique was often a causative factor for running-related injuries. I observed the positive outcomes that resulted when my injured running clients were educated about the importance of running with good technique. The changes were conducive to not only injury-free running but also to faster running. In addition to reduced injury rates,

I was getting regular reports of faster running times from my clients. My clients were as happy with their running as I was with mine.

Running with my new-found awareness of good running technique, I entered many running events of varying distances. I set about improving my marathon personal best time. In the meantime, professionally I was developing a strong following of runners who were seeking answers to their bothersome running niggles and injuries. These injured runners had heard how my rehabilitation methods were helping injured runners get back to running. They had also heard that my rehabilitation methods were resulting in faster running.

Just as I had lost hope as an adolescent athlete, many of the injured runners I was seeing had also lost hope that they could once again run pain and injury free. They had resigned themselves to accepting that a degree of injury or pain was to be their norm. Having harboured that fear myself for many years, I easily related to their concerns. I empathised with their frustrations, fears and often times their embarrassment. Injured runners quite commonly can feel a degree of embarrassment that something so seemingly 'trivial' as not being able to run could have them feeling so emotionally low.

Most times the injured runner would say things like, 'I shouldn't be so worried about this but ...', or 'I can't believe this upsets me so much – after all it's just running', or 'I've given up hope. I think I might concentrate on something other than running like cycling'. These statements pointed to a cry for answers. They also indicated the high value that being able to run without pain or injury was to the individual.

I was also fast discovering the joys and challenges of rehabilitating injured runners – witnessing formerly injury-plagued runners returning to pain- and injury-free running and also to happiness and emotional normality.

Typically, the rehabilitation process would commence with breaking the myth that injury is an inevitable part of a runner's life. As soon as hope that it was possible to run pain and injury free was restored for the injured runner, the platform was established for the treatment that would follow.

Refining my physio approach

Over the successive years in professional practice, I have continually refined my running injury rehabilitation approach. As word of mouth of my successes in rehabilitating injured runners has spread, I have guided thousands of runners back to pain- and injury-free and, ultimately, faster running.

This book is an articulation of my ideas and the five step methodology that I have refined through these years of working with injured runners. I repeatedly share the steps contained herein with my clients, and educate them on their best execution of the five steps. My five step method has helped runners of all ages and abilities – from the beginner runner or the runner taking on a longer distance challenge, the recreational, several times a week jogger, through to the elite and professional athlete.

I have found great pleasure in observing that, when all five steps of my five step method are implemented by injured runners, the injured runner will go on to experience the great joy and associated health benefits of running pain and injury free.

It is important to note that the five steps work in concert. If one of the five steps is left out, the runner's likelihood of achieving sustained pain- and injury-free running will be compromised. Leaving out one of the steps is akin to leaving a vital ingredient out of a cake mix. You wouldn't expect the cake to bake well, and nor can a runner expect a complete result if one of the five steps is overlooked or not addressed in full.

I believe that every runner, no matter what age, body shape or ability level, can and should experience pain- and injury-free running. I also believe that if more people were able to experience the uncomplicated joy and life-giving benefits that running provides, the happier and healthier the world would ultimately be.



Chapter 2

Why this
book?

Among many runners is a shared belief that it is really not possible to run pain and injury free – a belief that if you run far enough and for long enough injury will be the inevitable result. Sadly many runners believe and wrongfully accept that succumbing to injury must be a normal part of the running experience. This is an often unspoken and deeply held belief that most runners would not openly express.

My aim in writing this book is to denounce this unfounded but widely held belief, and to reveal that it is possible to run pain and injury free.

Just as every golfer wants an improved golf game, so too every runner wants to run faster. One of the great thrills of seeing runners break free from their limiting injury beliefs is seeing them also go on to post personal best running times. Getting faster is a terrific by-product of not getting injured.

If you have lost hope that running pain and injury free is achievable and you have picked up this book, you must read on. I have written this book to answer the very question that I believe every injured runner at some point asks themselves: is it possible to run pain and injury free? I believe I have an answer.

Enjoy the discovery process.

Who is this book for?

While this book is targeted at the runner who wonders or has wondered if it is truly possible to run pain and injury free, this book is also written for any runner who:

- > is seeking to proactively prevent injuries
- > is currently injured and looking to return to running
- > has been previously injured and never made a return to running
- > is not concerned about injury prevention or rehabilitation but just wants to get faster.

Several categories of runners will also specifically benefit from this book. These include:

- > beginner runners who are just getting started
- > beginner runners who are training for their first event
- > female runners who are discovering the simplistic joys of running while juggling home and family responsibilities
- > seasoned runners who cannot get rid of a lingering injury
- > runners looking to ‘upsized’ their challenge – for example, the runner who has a goal to upgrade from a half marathon distance race to a full marathon
- > runners who suffer from emotional lows when injury keeps them from training or competing.

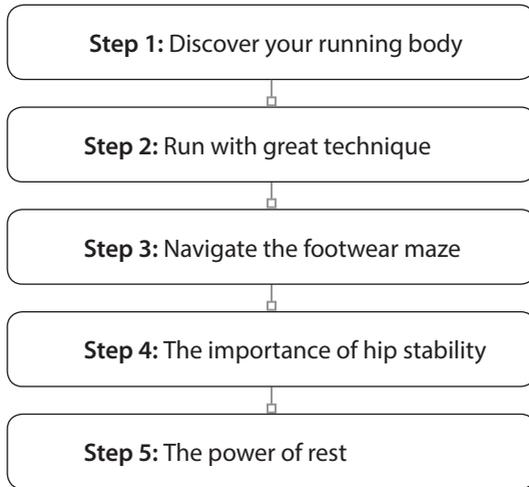
Why this book?

Getting the most out of this book

When reading this book for the first time I recommend reading it sequentially. If a particular section or chapter immediately grabs your attention, do your best to fight the temptation to start there, and instead start from the first chapter.

Each of the five steps builds on the previous step. While it isn't necessary to master each of the five steps before moving on to the next step, it is important that you attempt to put what you learn with each step into practice as you go.

My five step method of running pain and injury free is illustrated in the following figure.



I encourage you to get physical with this book. If a particular idea or point resonates with you, mark the book and date it.

Don't be shy to take a pen or a highlighter to pages. A well-read book is a book with marks! Making notes and highlighting key points will prove useful when you are getting ready to implement the ideas.

Good luck with your reading and running and, most importantly, the implementation of what you learn. In the words of Bruce Lee:

Knowing is not enough, we must apply. Willing is not enough, we must do.

Finally, don't forget to not take your running too seriously. Remember to have daily fun!