

Do you fancy a new running challenge?

Tough Mudder, Spartan? Obstacle races are on the rise with over a million participants taking part every year. They involve running often between 5k to 13 miles whilst completing various obstacles such as scaling steep walls, climbing through muddy tunnels and wading through ice cold water. Often runners are looking for their next challenge and many are trying obstacle races.

There is a fear of injuries amongst runners when trying a new challenge and the risk is slightly greater with obstacle races. 1 in 1000 runners are thought to be injured in an obstacle race whilst it is 0.37 in 1000 in a marathon.

Injury prevention is the same for all running events: follow a training plan, make sure you have the correct foot wear and orthotics, warm up before the event, hydrate, follow nutrition guidelines, complete muscle strengthening exercises, use strapping/supports if required and do not take unnecessary risks.

Common injuries in obstacle events are ligament injuries to the ankles and knees, muscle strains, joint inflammation and trauma from falling. Always visit an osteopath prior to or after the race if you have any niggles or injuries.

If you require any further information or advice then please contact Suzanna Frisby at Osteopathy Works Horsham on 07876750517 or info@osteopathyworkshorsham.co.uk