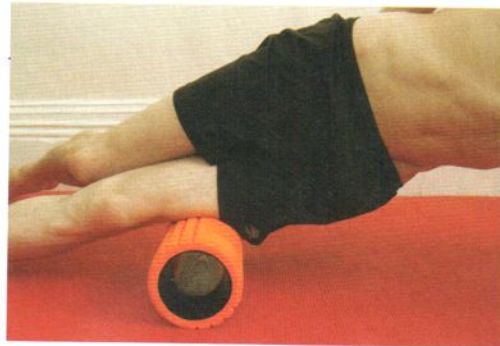


Roller guide essentials

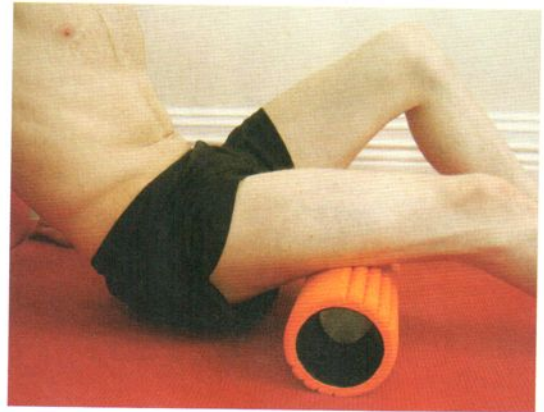
MARK BUCKINGHAM SHOWS HOW ROLLING CAN GIVE RELIEF IN FIVE SIMPLE STEPS

THE simplest addition in recent years to self-preservation is the roller. It is true that nothing replaces the specific touch of a massage therapist. However, being able to ease into the tight areas yourself before they become set in is invaluable.

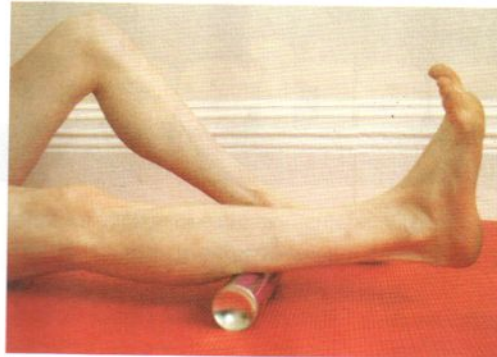
The images are the basic areas you should work as a runner. These would benefit from a couple of minutes of rolling every few days. Do not do it every day or the muscle tissues will become bruised and this will defeat the object. The best time is a few hours after a run once the bits of tightness are settling in. Do not force it so there is sharp pain – a deep sense of stretch is good.



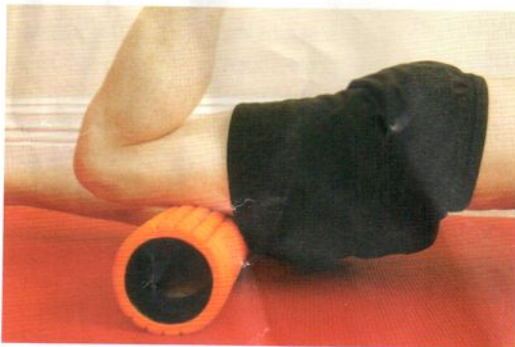
ITB: Top leg in front or behind to suit. Prop on elbow and work into the tightest bits. Roll for two minutes from hip to knee.



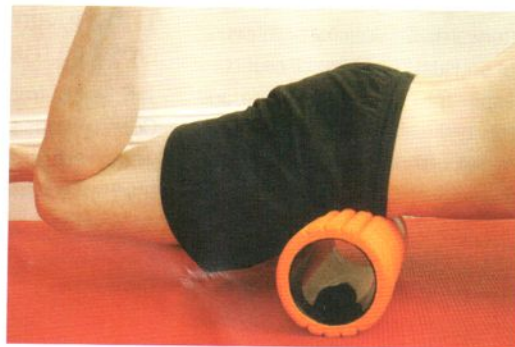
Hamstring: Add tension to the hamstring by leaning forwards or straightening the knee. To get deeper take a bit of tension off



Calf: A foam roller is okay but for these thinner, tougher areas in the calf a simple can is more effective. Press down with one leg or place the other leg on top for more depth. Move the foot up and down to work specifically tight areas when you are on them



Quad: Bend the knee up and down to work into the specific areas. Roll side to side to hit the different parts of the quad group



Hip flexor: When rolling the quad do not forget to move up to the hip flexors. Keep the tummy tucked in and roll to the side to get the best bits

Witty, Pask and Buckingham Physiotherapists have 17 years of working with the UK's elite runners at Olympic Games, world and European championships for UK Athletics, as well as all standards of runners from around the country. The practice provides the complete service for assessment and treatment of runners, from prevention to rehabilitation. Tel: 01604-601641 or go to [wpbphysio.co.uk](#)



Sports science

Refined carbs

PROFESSOR Tim Noakes believes that the over-consumption of refined carbohydrates may be toxic for the body. He says: "It's taken me 61 years to suspect that bread and cereals, the biblical staff of life, as well as rice, pasta and refined carbohydrates, may not as be healthy as I believed!"

The literature written by those who experiment with low-carbohydrate diets suggests that

humans evolved our current size and large brains over the past two million years only because we found sustainable sources of high-protein foods, especially meat and fish. Such high-energy sources are especially important during infancy when brain size increases rapidly. As a result, the human intestine is especially well designed for digesting high-protein foods.

Low-carbohydrate, weight-loss diets produce results at

least as good as those achieved with the traditional low-fat, high-carbohydrate diets.

No published evidence shows that these unconventional diets will produce undesirable health consequences. Additionally, protein is a potent appetite-suppressant and, as a result, low-carbohydrate diets with increased protein do not cause the frequent sensations of hunger that accompany calorie-restricted, high-carbohydrate diets.

Noakes adds: "This absence of hunger is more likely to encourage compliance and sustained weight loss."

"I submitted myself to an experiment of avoiding all bread, cereals, rice, pasta and refined carbohydrates and replacing that nutritional deficit with healthy meats, fish, fruit, vegetables and fats, including nuts!"

"Five months later, I am at my lightest weight and running faster than I have in 20 years!"