

HILLS SPINAL and SPORTS INJURY CLINIC – Mount Barker

Triathlon Injury Prevention Talk Oct 06

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- Research has put the injury rate of triathletes at 75%
- Likely due to the high number of total workouts undertaken per week
- Most commonly injured areas are: knees, Achilles tendon, and low back.
- Injury occurrence is not linked to age, height, weight or body-mass index.
- Running makes up 60% of injuries, cycling 30% and swimming 10%.
- Training factors that increase the risk of sustaining a running injury;
 1. Total weekly tri mileage
 2. Weekly cycling distance
 3. Swim distance per week
 4. Total number of workouts per week
 5. Cycling training pace
 6. Number of weekly running sessions (but not running distance covered per week)
- The likely reason is bike and swim if performed in large volumes retards muscle recovery so that muscles respond less well to the stresses of running and are therefore more vulnerable to being injured as a result of running training.
- Triathletes need to spend extra time strengthening the knee area, Achilles/calf, shoulder girdle and low back in functional ways ie movement patterns that mimic those occurring in their sport.

Training Tips to Avoid Running Injuries

- Warmup slowly for at least 5 minutes
- Cooldown and stretch properly
- Build up distance and speed gradually
- New shoes every 6 months or 500km
- Avoid running on crowned roads on the same side every run (will load up the 'down leg' and predispose to ITB syndrome)