



ADVICE

EDITED BY ADAM BEAN AND BETH MOXEY ECK

PLANTAR FASCIITIS TAPE IT

Q: I've been running for about a year and a half, averaging around 25 miles a week. I now have plantar fasciitis, and on the advice of my doctor I will be using a heel cup and some form of arch support. Is there anything else I can do to ensure that this problem has as little impact as possible on my running?

J.M., St. John's, Newfoundland, Canada

A: Your doctor is advising you well. Arch supports and heel cups are both helpful in treating plantar fasciitis. The following taping strategy should also help you stay on the roads.

Use a strip of 1-inch-wide athletic tape as an anchor strip (see illustration at left). Start this strip

on the outside edge of the foot, near the base of the little toe. Wrap the strip around the back of the heel, and end near the base of the big toe, on the inner side of the foot.

The next step is to attach a series of 2-inch-wide strips of tape across the sole of the foot. Start each strip on the outside of the foot and pull it toward the inside, fastening it at each end to the anchor strip. If you have flat feet or low arches, I also recommend you try a support or wedge along the inner part of the arch. (This may be what your doctor already has in mind.)

If you wear orthotics, you can still tape. If problems persist, you may need to take some time off, but you can certainly engage in cross-training activities to maintain cardiovascular fitness.

—*Richard T. Braver, D.P.M., sports podiatrist at Active Foot and Ankle Care Center in Englewood, New Jersey, and former 3:51 1500-meter runner*

MARATHON STRATEGY THE BIG TRADE-OFF

Q: I am running my first marathon this year and would like to know if I should wear training shoes or racing flats. When I race 5- and 10-Ks, I wear flats, but can I do that for 26.2 miles?

T.A., Millersville, Pennsylvania

A: There is a trade-off here: shock absorption versus speed. It's always a gamble with racing flats, because even though theoretically you will run your marathons at a faster pace early on in the race, leg soreness may overtake you eventually. The overall result could be a slower time and some real unpleasantness.

I suggest you wear your racing flats on at least three of your longest training runs leading up to the race. (Please remember, though, that training can never quite simulate the intensity of a race.) If you find that your legs recover so that you can go all-out during your next scheduled hard workout, consider taking the risk with the flats in the marathon. If you don't recover well, go with lightweight trainers in the race and plan to run the second half faster than the first.

Lastly, I believe elite runners have to take the risk and use the lighter, speedier

racing flats because of the psychology of competition. Even the most efficient elites endure more pounding and prolong their recovery times by wearing light shoes, but they have to believe they have done everything possible to optimize speed.

I hope the marathon goes well enough that you'll want to try more.

—*Frank Shorter, 1972 Olympic Marathon winner and silver medalist in 1976*

TRAINING

OH, MY ACHING LEGS

Q: I am an avid cross-trainer whose main activities include running, mountain biking and in-line skating. I've noticed that as I increase my running mileage, my legs begin to ache and throb when I lie in bed at night, especially in the tibialis anterior and vastus lateralis areas. I thought cross-training and self-massage would lessen the strain of daily runs on my legs, but apparently that's not the case. What do you recommend?

A.P., Tahoe City, California

A: Quite honestly, your legs may be overworked. Let me explain. The two muscles you mention, the tibialis anterior (the



Plantar plan: Try this taping technique if you've got plantar fasciitis.

Active
FOOT & ANKLE
CARE CENTER
World-class foot, ankle & lower leg care

Dr. Richard T. Braver
Reconstructive Foot & Ankle Surgery
Podiatrist/Orthotic Specialist

140 Grand Avenue
Englewood, NJ 07631
Fax (201) 569-3536
(201) 569-7672

4-14 Saddle River Road
Suite 103
Fair Lawn, NJ 07410
(201) 791-1881

51 Route 23 South
Riverdale South Bldg.
Riverdale, NJ 07457
(973) 831-1774