Recommendations for
RUNNING CAPACITY
AND PERFORMANCE
Based on Physio Edge podcast 56 with Tom Goom @tomgoom

1 What is running capacity?
Capacity is the ability to perform running at the volume and intensity required without causing tissue injury or exacerbating symptoms (Cook and Docking 2015).

2 Goals
Asking the runner what they want to achieve from physiotherapy and what their goals are from their sport will inform the clinician of the running capacity required.

3 Subjective questions to assess capacity:
> “How far can you run without pain?”
> “When do you get pain and how severe is it?” (Use VAS out of 10 or grade as mild, moderate or severe)
> “What can you do to make running more comfortable?”
> “How does it feel immediately and in the 24 hours after running?”

4 Objective testing
Assessing strength, flexibility and movement control will give an idea about running capacity, however the correlation between objective tests and pain/pathology is not always clear.

Objective tests for runners:
- Single leg bridge to fatigue
- Single leg calf raises to fatigue
- 10RM – 4RM testing
- Squat jump for height
- Bounding for distance

5 Performance measures such as running intensity % or post injury personal best can be used to measure running capacity.

6 Capacity tests should be varied to suit the individual and their presentation. For example runners with bone stress injuries do not tolerate returning to running when pain is still present. Impact tolerance testing should be pain free prior to returning to running in these patients.

Reference:

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clinicaledge.co  @davidkpope