

Running Injury Prevention



Simple exercises to prevent common injuries

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Introduction

Erin Futrell, PT, OCS

Physical Therapist

Georgia State University, Atlanta, 2007

Joint Ventures Physical Therapy, Boston, 2010

PhD Student

MGH Institute of Health Professions, 2013

Spaulding National Running Center, 2014



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Running Injury Incidence

20 million regular runners

Injury incidence: up to 79%
16 million Americans/year

Alarminglly:

46% injury *recurrence*

7.4 million Americans/year



Annual Reports, Running USA, 2014; Van Gent, et al. 2007; Nielsen, et al. 2012; Taunton, et al. 2002;
van Mechelen, 1992

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Most common running injuries

Knee

Patellofemoral pain syndrome

Iliotibial Band syndrome

Foot

Plantar fasciitis

Common Malalignments



Over pronation



Hip Drop



Knee Valgus

Kinetic Chain

Correct Alignment

Pelvis level

Knee directly under hip, in line with 2nd toe. Does not cross midline of body.

Foot directly under knee and pointed forward. Ankle does not collapse inward



Core

****Alignment starts with a stable foundation****

Planks



While lying face down, lift your body up on your elbows and toes. Maintain a straight spine. Do not allow your hips or pelvis to drop on either side.

10 reps, 10-30 sec hold

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Single Leg Dead Lift



While standing on one leg, bend forward towards touching the ground as you extend your leg behind you. Then return to starting position. Keep your legs and spine straight and maintain your balance the entire time. 10 reps, 2 sets

Hip and Knee

Bilateral Squats



Start with feet shoulder width apart and hands at chest level. Lower hips to until thighs are parallel with floor and pause for 3 seconds. Do not let your knees pass your toes. Keep your back straight. Keep knees pointed straight ahead. 10 reps, 2 sets

Hip Hikes



While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a level position. You may hold on to something for balance. 10 reps, 2 sets

Foot and Ankle



Single leg calf raises

While standing on one leg and holding wall for balance, raise up on your toes as high as possible. 10 reps each, 2 sets



Toe Yoga (seated or standing)

1) Lift your big toe without lifting the other 4 or rolling your ankle outward. 10 reps, 2 sets

2) Lift your 4 small toes without lifting your big toe or rolling your ankle inward. 10 reps, 2 sets

Foot and Ankle



Doming

While standing, press toes into ground and imagine drawing the long bones of foot back toward heel. You should feel your arch tense. Do not curl toes. 10 reps, 2 sets

Put it all together

Heel Taps

Stand on 1 leg with good alignment. Hold other leg out in front of you with heel a few inches off ground. Slowly squat and lower entire body toward floor until heel taps floor. Keep pelvis level, do not let knee or ankle collapse inward. 10 reps, 2 sets



Put it all together

Runner's Balance

Stand and balance on one leg. Move in slow motion: lean forward as you bring your other leg back behind you to tap the floor. Bring the same side arm forward as shown during the movement. Return to starting position and repeat. 10 reps, 2 sets



Tips

Use a mirror at first

Feel where your joints are in space

Do exercises before running

Think of your alignment as you run---OCASIONALLY





Contact info

Erin Futrell

Joint Ventures Physical Therapy and Fitness

www.jointventurespt.com

erin.futrell@jointventurespt.com

Spaulding National Running Center

snrc.research.gait@gmail.com