

Injury Prevention Tips For Runners

Dynamic Warm Up

A dynamic warm up is instrumental to increasing your motion and efficiency of movement prior to any sporting activity. The dynamic warm up increases blood flow as well as “turns on” muscles that need to be ready to perform once you start running or exercising. This preparation for your activity will help to improve movement patterns and decrease any inefficiency or gait abnormality in order to increase your performance ability and decrease the risk of injury.

Cross Training

It is recommended to participate in some form of cross training 1-2 times a week to not only prevent injury but help your body recover and prevent overtraining. Some examples of cross training are weight lifting, swimming, biking, walking or cardio machines, such as an elliptical.

Rest Days

Taking a least one day of complete rest each week will allow your body time to recover, helping to prevent injuries from overtraining.

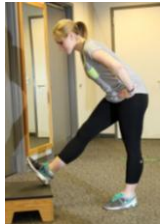
Gait Analysis

Improper or unbalanced movement can limit your ultimate race potential; having a gait analysis can provide appropriate recommendations. Call OSU Sports Medicine at 614-293-3600 to schedule.

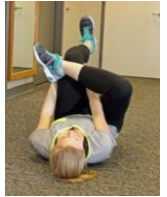
Stretching

After activity, it is recommended to stretch to prevent injury and help your body recover, using some of the common examples below. Hold each stretch for at least 30 seconds and perform 2-3 repetitions.

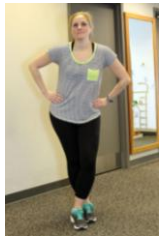
Hamstring Place your foot on a small stool or step with your toes pointing up and your knee straight. Slowly lean forward at the hips, maintaining good posture through the trunk, until a stretch is felt in the back of your thigh.



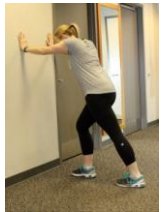
Piriformis Lying on your back, cross your legs and place your ankle on your opposite knee. Gently pull upward behind the thigh on the bottom leg into the chest until a stretch is felt in the buttock/hip.



IT Band In a standing position, cross one leg over the other and then lean in the direction of the back leg until a stretch is felt in the outside of the hip.



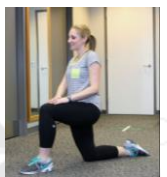
Gastrocnemius Start standing in a lunge position, with the back leg straight and the front knee bent. Slowly lean forward into a wall, keeping the heel of the back foot on the ground. Lean forward until you feel a stretch in the calf muscle of the back leg.



Soleus Start standing in a lunge position with both knees bent, and then lean forward into a wall until you feel a stretch in your lower calf or Achilles.



Hip Flexor Start in a half kneeling position, kneeling on one knee. Slowly pull pelvis under trunk while maintain good posture and normal arch in your back. You should feel a stretch in the front of the hip.



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