

Start Running!

Running improves your physical, emotional and mental health — perhaps that's why it's the most popular fitness activity around the world. The Ohio State University Wexner Medical Center Sports Medicine team has tips to help keep you on an injury-free path to sticking with it.

Runners are apt to suffer from knee injuries, lower leg pain, foot and ankle injuries and pelvic and hip issues because they hit the ground over 1000 times per mile, with an impact force of up to 4x their body weight. The great news is that many problems can be avoided with preventive measures:

Get Started

*EQUIPMENT
AND WARMUP*

Get Going

*TRAINING
AND FUELING*

Stay Strong

*REST
AND RECOVERY*

To learn more about how Ohio State Sports Medicine can help you improve your physical performance, recover from an injury or stay active for a lifetime, visit wexnermedical.osu.edu/training.

To schedule an appointment, call 614-685-5900.



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Quick Tips for Becoming a Healthy Runner

Get Started

EQUIPMENT AND
WARMUP

All you need is a pair of shoes

- Go shopping for running shoes in the late afternoon when your feet are generally at their largest, wear or bring your current pair so the salesperson can look at your existing wear pattern and have an open mind on the brand and model. The shoe should be snug without being tight and have about a half inch between your longest toe and the end of the shoe; walk around a bit to ensure it works with your foot and stride.

...and maybe a few other things

- Wear reflective gear for dawn or dusk running and sunscreen during the day.

Start with dynamic stretches

- Stretching while moving increases range of movement and blood and oxygen flow to soft tissues. This preparation will help improve movement patterns and decrease any inefficiency or gait abnormality. Start with small movements and focus on form, picking up speed and range of motion as you go.



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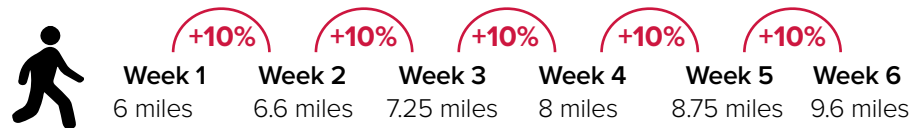
Quick Tips for Becoming a Healthy Runner

Get Going

TRAINING AND
FUELING

Use the 10 percent rule as your guide

- Injuries often occur when athletes suddenly increase the frequency, duration or intensity of a sport or activity. Consistently and slowly increase your running distance or time by no more than 10 percent each week.



Maintain energy balance by eating small meals every 2-4 hours

- Meeting your body's energy needs is critical to strong training and good health. On average, your body needs an extra 100 calories for each mile you are running to stay in balance, which should be spread throughout your day. For example, you may choose to eat breakfast, lunch and dinner with about 550 calories a piece, with morning, afternoon and evening snacks at 200 calories a piece.

Drink up

- There's not a magic formula - stay hydrated before, during and after exercise

Cross train

- 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.

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Stay Strong

REST AND
RECOVERY

Adhere to a cool-down regimen

- While the aforementioned warm-up make the body's tissues warmer and more flexible, cool-down stretches loosen muscles that have tightened during exercise. Try each of the recovery stretches on the next page by holding for at least 30 seconds and performing 2-3 repetitions.

Don't forget to rest

- Taking a least one day of complete rest each week will allow your body time to recover, helping to prevent injuries from overtraining. It will also keep you mentally sharp.

Consider a gait analysis

- All runners should consider a running gait analysis. Runners who are experiencing any type of pain can benefit from the advice and anyone looking to make improvements and prevent future injuries will find it valuable, too.

Know when to seek the advice of a sports medicine physician:



Normal

PAIN SUBSIDES AFTER A FEW HOURS OF REST

- Continue to train
- Use ice
- Take nonsteroidal anti-inflammatory drugs if pain is above 3 on 1-10 scale



Heads Up

PAIN CONTINUES 4-8 HOURS AFTER RESTING

- Consider “relative rest” – decrease training volume, longer warm-up and slower speeds



Rehabilitation

PAIN CONTINUES INTO THE NEXT DAY

- Three-day trial of absolute rest
- Contact Ohio State Sports Medicine for an appointment with a physician.

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Recovery Stretches for Runners

Stretching allows the muscle to relax and decreases stress along the joints. 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.

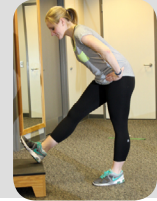
AREA

HOW TO STRETCH IT

WHAT IT LOOKS LIKE

Back of Thigh
HAMSTRING

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



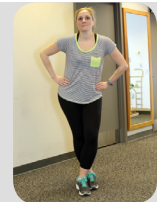
Buttocks
PIRIFORMIS

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



Outside of Hip or Knee
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.



Calf
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 a stretch is felt in the calf muscle of the back leg.



Arch of Foot
SOLEUS

Start standing in a lunge position with both knees bent, and then lean forward into a wall until a stretch is felt in the lower calf or Achilles.



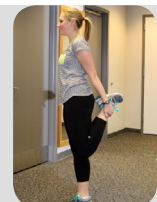
Front of Hip or Lower Back
HIP FLEXOR

Start in a half kneeling position, kneeling on one knee. Slowly pull pelvis under trunk while maintaining good posture and normal arch in back until a stretch is felt in the front of the hip.



Front of Knee or Thigh
QUADRICEP

Stand on one leg. Grasp other foot with hand and pull foot up behind until a stretch is felt along the front of thighs.



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