



Injury Prevention for Runners

Stretching

Stretching is often overlooked. Prior to running, light stretching is best. Leave the more focused stretching till after you have warmed up or after you are finished running. Focus on hip, ankle, and trunk motion for improved stride efficiency and injury prevention.

Strengthening

Strengthening activities that supplement your running routine help keep the body balanced from overuse. Include strengthening exercises that complement your running by working on sideways, backwards, and rotation motions, compared to the forward motion with running. Strengthening your hips, hamstrings, ankles, abdominals, upper back and shoulders are a great place to start.

Drills

Running drills are a great way to warm up prior to a run or a way to loosen up mid-run after your hips, knees, back, and shoulders start tightening up. Try throwing in a few short spurts of backwards, sideways, skipping, and kick-butt running into your next long run to wake up the under utilized muscles.

Cross-training

Core strengthening, bicycling, swimming, hiking, golf (without a cart), and group classes at the gym are great supplements to running. Even a few cross-training sessions a week will help with injury prevention. Pool running is also a great way to keep your running specific condition if you do become injured.

Work Systems Rehab

Des Moines clinic manager, Todd Schemper, PT, has been a runner and triathlete for over 15 years. He specializes in running injury treatment and prevention. Todd currently competes in triathlons, local running road races, and cycling time trials. He is a previous marathon finisher and Iron-distance triathlon competitor.

Work Systems Rehab has therapy clinics throughout central Iowa. They offer physical therapy, occupational therapy, and specialty programs, including Injury Screening, Functional Injury Prevention, and Running Video Analysis.

For more information please visit www.worksystemspc.com.