

Running Injury Prevention Tips

- **Avoid Increasing Training Variable(s) > 10%** (distance, pace, hills, speed)
- **Work On Your Technique**
 - **High Cadence 90 RPM**
 - **Use Good Posture** (lift sternum up, maintain a level pelvis, avoid rounding shoulders)
 - **Shorten your Stride** (foot should strike under you)
 - **Avoid Excessive Up/Down Movements** (*Run Smooth*)
- **Strengthen 1-2x/wk**
- **Stretch *after* You Run**
- **Treat Acute Injuries With R.I.C.E.**
 - **Rest, Ice, Compression, Elevation**
 - **Gentle/Pain-Free Stretching 24 hours After Injury**
- **Running With an Injury:**
 - **Use the Run:Walk Technique**
 - **Stretch Frequently After Runs**
 - **Don't Try for a Personal Record**

If you are not getting better or want to improve your biomechanics, schedule an appointment.