



Plancher Orthopaedics & Sports Medicine

7 Ways to Prevent Running Injuries

Roll and Release:

- Muscle flexibility is important for injury prevention. Use a foam roller to roll out tight areas and release trigger points. This will allow the gliding structures to move more fluidly.

Supportive Strengthening:

- Strong muscles will absorb shock more effectively. Knowing how to effectively strengthen the muscles of your back, pelvis, hips, knees and feet are critical for preventing injuries.

Re-evaluate Your Running:

- Running is one of the most complex of all human movements and performing it over long distances takes conscious training. We can help identify efficient ways to run and avoid injury.

Supportive Supplementation:

- An adequate intake of iron, zinc and vitamins A, E, B6 and B12 is particularly important for the maintenance of immune function. Here are our top recommendations for those performing heavy endurance training -
 - **Fish Oil** - Omega 3's help with muscle soreness and balances the inflammatory response.
 - **L-Glutamine** - an amino acid that can become deficient with intense physical training.
 - **A Professional Grade vitamin/Mineral//Antioxidant Formula** - running can cause increased oxidative stress and free radicals, which can damage healthy tissue and can cause nutritional imbalances. A good multi is the starting point for supplementation.

Identify Your Imbalances:

- All of us have muscle imbalances mostly from our sedentary lives and running can exacerbate these imbalances. It's impossible to know where these imbalances are without a proper musculoskeletal evaluation. Specific neuromuscular reeducation exercises are needed to retrain your brains motor control system.

Repair and Recovery:

- Rest. You need to allow your body enough time to repair and recover!
- Sleep is when your body repairs tissue so make sure if you are training hard you are getting at least 8 hours of sleep. If you want to THRIVE as an athlete deep restful sleep is where body releases the hormones necessary for repair.
- After restful sleep, make sure you are working in days off to focus on your nutrition, flexibility, massage and other relaxation techniques.