

Ensure you are properly hydrated before setting out for a run. This should include plenty of water throughout the day. Proper hydration will help to prevent muscle cramps and nausea.

Ensure you are wearing the appropriate footwear to properly support your foot. Rely on your physiotherapist to assist you in choosing the right running shoe for you.



If you have an injury consult with a physiotherapist or doctor prior to returning to activity to ensure proper healing has occurred

A physiotherapist will assess the injury, perform treatment and provide you with exercises so that you can get back on your feet again!

Hours of Operation

Monday-Friday

7 am – 7 pm

Saturday appointments available

Kenaston Common
Physiotherapy

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Kenaston Common
PHYSIOTHERAPY

Orthopaedic and Sports Injury Clinic

Preventing
Running
Injuries



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Kenaston Common PHYSIOTHERAPY

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Running is a great way to stay fit as well as an inexpensive and time efficient activity. But like any physical activity, running comes with its risk of injury.

It is important to learn how to prevent running injuries and what steps to take should you be injured.

A proper warm up and cool down are essential to preventing injury and to maintain optimal muscle length.

Stretching is important before and after you run for the following reasons:

- to prepare your body for activity
- to decrease the risk of muscle injury
- to reduce muscle tension
- to improve circulation

Physiotherapists recommend:

- a five minute low intensity warm up such as walking or dynamic stretching
- hold a stretch to the point where you feel tension in the muscle, but do not bounce
- hold the stretch for 30 seconds
- do not hold your breath
- repeat the stretch 3 times on each side of your body

Cool Down

A cool down after you run is essential to allow the body to disperse metabolic wastes and excess fluid out of your muscles. Cooling down allows your heart rate to slow down gradually. A cool down can consist of the same low level activity and stretches you did prior to your run. This process should last 5-10 minutes.

GENERAL RUNNING TIPS

- When running, keep your shoulders down and relaxed, and keep your head up.
- If just starting out in a running program, start slowly. Or if you haven't run in quite some time you may think about interval training. This involves a walk/run technique in which you might walk for 1-2 minutes and run for 2-4 minutes. You can increase the intervals and distance you are running as your endurance improves.
- Your running pace should allow you to carry on a conversation while still breathing comfortably.
- Ensure you take time to recover between runs. Rest days are vital to the recovery and repair of the muscles used when running.
- Vary your running route. Running the same route each time you train puts strain on the same parts of your body, which can lead to tissue breakdown over time and subsequent injury.

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