



run smart

A SMART BODY PUBLICATION

TRIA RUNNING EXPERTS:



ROB JOHNSON, M.D.
Sports Medicine Specialist
TRIA Orthopaedic Center

Physician to athletes, runner, finisher of 63 marathons and Charter Club Member of Twin Cities Marathon

CINDY SCHLAFMANN, PT, ATC
Physical Therapist, Senior
TRIA Orthopaedic Center

Physical therapist for 17 years, Certified Stott Pilates instructor—mat and reformer, triathlete for 12 years, 2006 Wisconsin Ironman finisher, Athletic Trainer for De La Salle High School

“I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs.”

- Jesse Owens
(U.S. Track & Field Olympian, b.1913)

right footwear

- Buy proper running shoes at a specialty running store.
- Replace shoes every 400-450 miles for a 150-lb person; or at the minimum every year if the mileage is not that high.
- Use your shoes only for running, or you should consider replacing them more often.

train smart

- Strengthen! Especially your core (abdominals, gluteals, and low back muscles). Try training muscles “functionally,” standing on one leg so the muscles can work in concert with and against gravity, as in running.
- Avoid over-training.
- Alternate hard and easy training days of running.
- Think of training programs as guides not law. Listen to your body. Give your body enough time to recover and repair.

stretch?

- Stretching does not necessarily prevent injuries.
- Some people may benefit from stretching where for others it may be detrimental!





core strength

- Generally the core includes abdominals, buttocks (gluteals) and back muscles
- Importance: controls limbs in absorbing, transmitting and creating force; can help stabilize joints from excessive movement (i.e. knee rotation when foot contacts the ground)
- Key in injury prevention

functional strength

- Activity or sport specific
- Functional way to train core
- Use asymmetrical body movements that complement a natural running gait
- Standing vs. lying on the ground—use your muscles to work against and in concert with gravity

CORE BODY EXERCISES for runners



EXERCISE 1: Stand on one leg, focus on abdominals keeping nose and belly button in alignment and pelvis level. Try to minimize swaying motion.



EXERCISE 2: Stand on a 2-4 inch step with one leg. Slowly lower your opposite heel to the floor, keeping weight on the other leg. Keep hips level during this motion.



EXERCISE 3: Start standing on one leg, focusing on alignment and abdominal muscles. Alternately move arms and opposite leg in running motion maintaining tension in the band and abdominal control. Focus on controlled breathing while cueing into the oblique muscles.



EXERCISE 4: With elbows under shoulders, raise up onto forearms and toes. Keep body in a straight line (do not let hips raise up) and focus control to abdominals and scapular muscles.



EXERCISE 5: Supporting body weight on one arm and feet, raise hips to bring body into a straight line. Variation: Raise up with weight supported on knees and arm.



EXERCISE 6: Lie on back with lower legs on ball. Tighten lower abdominals, squeeze gluteals, and raise trunk off the ground so that the trunk is in a straight line. Hold 5 seconds.



EXERCISE 7: Tighten abdominals, raise up to straighten trunk. Keeping pelvis level and abdominals tight, slowly raise one leg off the ball. Lower leg slowly back to ball. Raise and lower opposite leg. Alternate lifting each leg to fatigue. Lower trunk back to floor and relax muscles.

when chronic pain hits ... know your resources.

When pain doesn't go away, use the right resources to get back to your active lifestyle.

- Doctor: diagnosis, medical and surgical treatment of injury
- Physical Therapist: running analysis; individualized home exercise programs to address deficits in flexibility, core strength and the kinetic chain; and education for improved running including discussions on training and progressive mileage.

