

## **Laws of Runners Injury Prevention**

### **Runners World**

#### **1. Know Your Limits**

- a. Beware the "terrible toos"—doing too much, too soon, too fast.
- b. Build your weekly training mileage by no more than 10 percent per week. If you run 10 miles the first week, do just 11 miles the second week, 12 miles the third week, and so on.
- c. In addition to following a hard-day/easy-day approach, or hard/easy/easy pattern, many top runners use a system where they scale back their weekly mileage by 20 to 40 percent on a regular basis, maybe once a month.

#### **2. Listen to Your Body**

- a. At the first sign of an atypical pain (discomfort that worsens during a run or causes you to alter your gait), take three days off.
  - i. Substitute light walking, water training, or bicycling if you want.
  - ii. Consider Shortening Your Stride
    1. If you shorten your stride, you'll land "softer" with each footfall, incurring lower impact forces. "

#### **3. Use Strength Training To Balance Your Body**

- a. It's particularly important to strengthen the hip muscles.
- b. You need just enough core, hip, and lower-leg strength training to keep your pelvis and lower-extremity joints properly positioned.

#### **4. RICE Works**

- a. When you've got muscle aches or joint pains, there's nothing better than rest, ice, compression, and elevation for immediate treatment.
- b. PRICE. The P stands for "protection," which means don't run until the injury is better.
- c. RICE is most effective when done immediately following an injury.
  - i. Apply ice—for 10 to 15 minutes at a time, several times a day.

#### **5. Run on a Level Surface**

- a. Road camber. No doubt you always run on the left side of the road facing traffic. That's good for safety reasons.
- b. Try to do some of your training runs on a level surface like a bike path or dirt trail.
- c. The local track also provides a firm, essentially flat surface that's great for **slow-paced running**.

#### **6. Don't Race Or Do Speed Work Too Often**

- a. Researchers have found a correlation between injuries and frequent race efforts.
- b. You might get five percent faster, but your injury risk could climb by 25 percent. That's a bad risk-benefit ratio.
- c. Give yourself plenty of recovery time (one day for each mile raced).

#### **7. Stretch the Back Of Your Legs**

- a. Runners are tight in predictable areas,
- b. Knee and Achilles problems are among runners' most frequent complaints
- c. Holding an elongated muscle in a fixed position for 30 seconds or longer) before running.
- d. Dynamic stretching can be done as a safe, effective pre-run warm-up.

## **8. Cross-Training Provides Active Rest and Recovery**

- a. Running creates impact forces two to three times body weight with each stride, and even more on down hills.
- b. Injury-prone runners should avoid consecutive days of running.
- c. The Laws of Perpetual Motion: Keep it Safe

Some activities may exacerbate an injury.

### Runner's Knee

Yes, usually okay: Swimming

Sometimes okay; let pain guide you: Stationary Bike, Elliptical

No, usually not okay: Rowing Machine

### Iliotibial-Band Syndrome

Yes, usually okay: Swimming

Sometimes okay; let pain guide you: Stationary Bike, Elliptical,

Rowing Machine

### Calf Strain, Achilles Pain

Yes, usually okay: Swimming, Stationary Bike, Elliptical, Rowing Machine

### Plantar Fasciitis

Yes, usually okay: Swimming, Stationary Bike, Elliptical, Rowing Machine

### Shinsplints

Yes, usually okay: Swimming

Sometimes okay; let pain guide you: Stationary Bike

No, usually not okay: Elliptical, Rowing Machine

### Stress Fracture

Yes, usually okay: Swimming

Sometimes okay; let pain guide you: Stationary Bike

No, usually not okay: Elliptical, Rowing Machine

## **9. Get Shoes That Fit**

- a. "There's no single best shoe for every runner,"
- b. "It's a matter of finding the shoe that's right for a certain foot type."
- c. Replace them every 300 to 500 miles), go to a specialty store to get expert advice.
- d. Buy less shoe rather than more shoe (unless you weigh 220 pounds)
- e. Shoes perform best when they fit best.
- f. Ask your shoe salesperson: "Why is this the best shoe for me?" If he or she can't provide a sound answer, find another store.