



RUNNING

RUNNING FORM

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Former University of Pennsylvania coach and noted track technician, Ken Doherty, once wrote "Do what comes naturally as long as naturally is mechanically sound until it becomes naturally." Most people have an inherent style of running. The question always arises as to whether or not we should be concerned with somebody's running form. Can we indeed make a change? Is it necessary to make a change in order to improve someone's running form?

BODY ALIGNMENT

What are the characteristics of good running form? First of all we must acknowledge that at different speeds, form will change to a certain extent. The sprinter has a greater forward lean, uses his/her arms much more forcefully, has a longer stride length and the foot plant is usually on or over the center body line. The sprinter tends to land on the forefoot or the midfoot whereas the distance runner tends to land more on the heel first.

The ideal running posture is such that a plum line could be dropped from the ear lobe down through the shoulders and through the hips to the ground. A forward body lean allowing the upper body to rotate forward beyond the centre of gravity, results in undue compensation by the lower body which then must shift posteriorly behind the centre of gravity. This puts the runner off balance, wastes energy and also restricts full freedom of extension of legs resulting in an awkward choppy style.

The distance runner who leans forward excessively would be more prone to fatigued lower back muscles, to problems with tight buttocks and possibly overtired cervicothoracic musculature. The runner in the forward lean also has a much stronger push off and this could result in either strained or fatigued calf muscles. A runner who leans forward excessively but who has a weak push off, in other words a typical jogger, will end up with a short choppy stride. It is interesting to note that this often is a posture that runners assume in the final stages of a longer race when they become quite tired.

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This month's talk is on...
Nutrition/Diet

February 19th, 2005
10:00 - 11:00 am

If you are interested please sign up in the binder on the bookshelf located in the waiting room

Shin Splints

What are shin splints?

More of a catch-all term than an actual medical condition, "shin splints" refer to any swelling of the muscles, tendons, and even the covering of the bones in your shins.

They are especially common among beginner runners and those who dramatically increase their mileage.

Please have them checked as they can lead to stress. Do not run if you have shin pain!!!

The benefits of ART have been discovered by thousands of world champion athletes. It is a safe, fast and effective way of treating joint pain.

ART can be incorporated into either a massage or a chiropractic visit. Areas that would specifically be treated may include the tibialis anterior and extensor digitorum longus. Muscles on the back of the leg may also be treated.

Many patients notice significant improvement even after the first visit!

Water Running Tips

- Use a floatation device
- Upright position
- High knees
- Tuck heels under buttocks
- Drive elbows back
- Point toes
- Think sprinters form
- Concentrate on form
- Relax

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Back To Health



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Runner's Knee

You know you have runner's knee (also called chondromalacia patellae) when you feel pain beneath your knee-cap while running. It is caused by the knee-cap not tracking properly, rubbing against the femur (thigh bone) and can be aggravated by walking down stairs or sitting with the knee bent for a long period of time.

One reason for this misalignment is due to poor biomechanics of the foot, ankle, knee and hip which leads to excessive wear and tear of the knee-cap. A compression injury may also lead to pain and discomfort in this area

Chiropractic Care

By having a chiropractor evaluate you biomechanical alignment, they can treat any joint restrictions that have occurred to the back, hip, knee or foot. They may also suggest a visit with our Kinesiologist for a footscan or gait analysis if you overpronate your feet or have knock knees.

HYDRATIONSTHEKEY

An adequate supply of water is needed to permit the required biological and chemical reactions necessary to produce the energy for running. After a workout, water helps in recovery by 'flushing out' waste products.

The thirst mechanism always underestimates fluid loss during work in the heat and after the work is over. Therefore, it is advisable to take frequent small drinks throughout the work period. If you drink 250 milliliters (about a cup) every 15 minutes, you can replace one liter per hour. If the sweat rate is higher, it is extremely difficult to keep up with fluid needs. Marathon runners are wise to drink as much as possible (up to 500 milliliters) before the event to offset the tremendous water loss and difficulty of replacement.

Common Causes of Injuries

- *Too many miles, too quickly
- *Running in improper or worn -out shoes
- *Insufficient rest, such as running too hard on "easy" days
- *Lack of a good mileage base
- *Forcing a run when you're tired
- *Pushing too hard during intervals and tempo runs
- *Too much speed training or too many hills