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Running Injury Prevention

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Running is probably the easiest and simplest ways to increase fitness. It can be done virtually at any time and virtually anywhere and with virtually any equipment. The only equipment that is needed is a good pair of running shoes and even that is debatable with the tread towards barefoot running. The only downside to going for a run is that overuse injuries are reasonable common. Many runners will get one at least every year or so. Most of these problems develop when the load of the tissue is greater than it can tolerate, so most injuries occur when the runner does too much too soon and the tissue have not had time to adapt to the load that is being applied. That is why the advice it that you should never run more than 10% more than what you did the week before. That way the tissue can have time to adapt to the demands being placed on them. Other reasons for overuse injuries include biomechanical faults with foot which lead to too much load on the tissues. Faults with the running shoes or the wrong running shoes for the individual runner can also be a potential problem. Muscle tightness can also be a problem. The prevention and the treatment of overuse injuries in runners need to address all of these issues.

One of the issues that runners are showing a lot of interest in is the concept of running cadence. Running cadence is how fast the legs turn over. This is generally stated as the number of steps taken per minute. A runner could take a longer stride and not turn the legs over as fast or they could take shorter steps and turn the legs over faster. Either way, while the cadence of the two is different, they will be running just as fast. There is increasing suggestions and some limited evidence from research that a faster cadence which forces the runner more onto the forefoot results in less over use injuries. It is not totally clear if a faster cadence is better for this as the reduction in injury that some runners experience may just be due to the change in runner technique and it may not actually be a better technique, just different. The main support for this concept is really testimonials from runners and its promotion by some very well-known and respected coaches. Others think that its running on the forefoot that is important and the cadence has nothing to do with it.

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a Running is a healthy way to reduce weight and keep your body active throughout the day. Do you want to know more information about this? You can visit this website.

a http://www.medicalreleasesonline.info/sports-medicine/no-decline-in-running-economy-for-older-runners/

a http://www.podologiebucher.de/schrittfrequenz/6/

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