

Safe Running

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With spring approaching, runners are returning to the streets. It is important that you train appropriately in order to avoid injury. Overtraining is the cause of a majority of running injuries. Advancing your mileage and speed should be done gradually. You should increase mileage no more than 10% per week. You should also have hard and easy runs with at least one or two days per week being devoted to rest or non-running activities.

Most injuries in runners are caused by repetitive activity over time. It is important to seek treatment early as injuries are most responsive to treatment before they become chronic. It is important to listen to your body. See your doctor if you notice pain during running that lasts for a few days or recurs during future runs.

It is also important to wear proper running shoes that protect your feet from the stresses of running. To make sure you have a proper fit, make sure you go to a specialty running shoe store. You should wear the same socks you would wear when you are running, go late in the day as your foot expands through the day, and have your size checked each time you buy new shoes. Go to a store that will let you run to see how the shoe feels when you are moving, and be sure that the shoe feels comfortable. You should replace your running shoes every 350 to 550 miles.

You can decrease your chance of injury by following a few simple tips:

1. Warm up with a 3-5 minute walk, then stretch prior to running and at the end of a run.
2. Run slower and on softer surfaces.
3. Wear the right running shoes.
4. Do not overexert yourself.
5. Increase your mileage and workout intensity at a gradual pace.
6. Maintain proper running form.