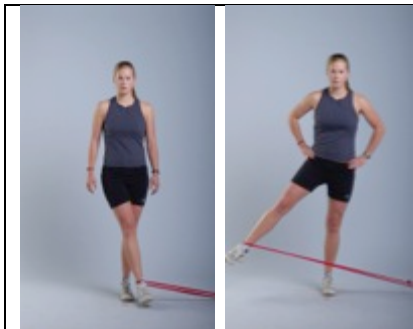


A Runner's Injury Prevention Plan


Based on some very good research over the past decade, here is our current running injury prevention plan we are recommending for all runners. Here are two areas you can address and incorporate into your injury prevention plan.

Muscle Strengthening

Research from our lab and other running labs from around the world have consistently shown that the gluteus medius muscle (the muscle on the side of your hip) is critical for injury prevention and proper gait biomechanics. This muscle is the primary stabilizing muscle to maintain your balance and control your center of mass when you run. This simple exercise, performed every day, is a critical piece of your injury prevention plan.

	<p>Hip Abductor Strengthening - Standing</p> <p>Place opposite foot behind band</p> <p>Move involved leg outward, keeping knee straight.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p>
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80% of your forward propulsive power comes from your ankle plantarflexor muscles. Your calf muscles are just 2 of these and the other 5 muscles also serve as your secondary stabilizers to maintain your balance when you run. We have a 6-week heel-raise program that starts with this exercise below. Go to <http://runninginjuryclinic.com/wp-content/uploads/2014/02/Heel-Raise-program.pdf> for the full program and start incorporating these exercises into your daily routine.

	<p>Heel Raises</p> <p>Place both feet on the ground shoulder width apart.</p> <p>Raise up onto toes.</p> <p>2 seconds up and 2 seconds down, control the motion throughout.</p>
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Remember, always perform these two exercises after or well before a run. These are key stabilizing muscles and if you perform these exercises and then go for a run immediately afterwards, you will increase your likelihood of injury due to fatigue. Also, work your way up to 3 sets of 10 repetitions following this type of plan:

Day	Sets	Reps
1	1	10
2	2	10
3	2	10
4+	3	10

30 Minutes of Massage Therapy Each Week

Massage therapists have been a part of the sports medicine team for decades and there's some good research to better understand how a massage functions to prevent injuries. Researchers at Wilfrid Laurier University & Waterloo Sport Medicine enrolled runners to serve as controls and another group of runners met weekly with a registered massage therapist for a 30-minute massage. Both groups participated in 10-week program to train for a 10km race. What is so interesting is that 100% of the runners in the massage group completed the 10 km race at the end of the training program as compared to only 58% of the runners in the control group. The results speak to the benefits of a weekly 30-minute massage to prevent injuries while you train.

The Running Injury Clinic has expanded to Glenmore Landing in southwest Calgary and we are one of the most scientific and advanced sports medicine clinics in the world. The Clinic is the flagship for our 3D GAIT technology and we have assembled a team of the top physiotherapists and massage therapists in Canada! We're looking forward to providing you with world-class research and advanced clinical practice.

Visit www.runninginjuryclinic.com and follow us via Twitter (@DrFerber) or on Facebook (facebook.com/runninginjuryclinic) for news about the Clinic and research updates.