

Running safety: Know when to stop to prevent injuries

You know the expression about no pain, no gain. But pain and other symptoms during exercise are not normal. That means you should pay attention when your body is sending you warning signs.

Faintness, Lightheadedness, Nausea

Stop running and assess:

1. Did you skip a meal?
2. Did you drink enough fluids (including electrolytes)?
3. Is it a warmer day than you anticipated?
4. Any cramping in muscles, more than usual?

Stop, get fluids, and eat something light. If not better, cut workout short and rest. Reassess tomorrow before next workout.

Shortness of Breath

Wheezing or trouble breathing for less than five minutes, slow pace and see if improves. If still trouble, **stop**.

1. Do you have allergies?
2. Are you recovering from an illness?
3. Do you have chest pain accompanying it?
4. Are you practicing abdominal breathing?
5. Are your shoulders tight and lifted towards your ears, or, are you relaxed?

If the symptoms do not resolve after five minutes of rest, seek immediate medical attention.

Pain in Joints

Pain in joints, feet, knees, hips, back, are not typical for young runners. This is different than aching muscles of trying to improve endurance and strength.

1. Did the pain in the joint go away as soon as you stopped running?
2. Did pain return when you started running?
3. Does pain return to the same joint on every run EVEN though 'can run through it'?



4. Is pain happening earlier in run or lasting longer before it resolves?
5. Is pain not going away after the run?

Even if there is no swelling, see your sports medicine physician. Continuing to run with poor joint function can increase the injuries to bones, tendons, and ligaments in that joint and other joints.

Pain you can't identify

Pain is your body's warning signal. It is very important to listen to the signals that your body sends about what is happening. These signals will tell you if you are pushing yourself too hard, hard enough or if you are holding back. Unfortunately interpreting these signals can be difficult. Normal tissue doesn't hurt, so if you are unclear about any pain that you are experiencing during your run, speak with your physician.



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Marathon



Injury Prevention for Runners

- In 2018, there were 500,000 finishers in US and Canada based marathons. That is 0.13% of the population.
- Running is not bad for you, running poorly is bad for you.
- All of the current research shows that performing strengthening exercises is very important to running pain/injury free.
- Running does not cause arthritis.
- Common Injuries for Runners: patellofemoral pain, hip pain, Achilles tendonitis, plantar fasciitis, SI joint pain, low back pain, etc.
- Sleep and proper nutrition are very important.
- With these exercises, you should not have pain. Muscle work is okay, joint pain is not.
- There is inconclusive research as to whether stretching is beneficial.

Good Resources

Chris Johnson Runners Super Six - Youtube

Jay Dicharry Running Rewired

Natural Running Center - naturalrunningcenter.com "The Principles of Natural Running"

Exercises:

Eccentric Heel Down

Fig. 4 - Eccentric Heel Raises

Standing on both feet, raise onto tip toes, then slowly lower down on one foot. Repeat all repetitions to one side, then perform on the opposite side. To increase difficulty, perform with heels off the back of a step.

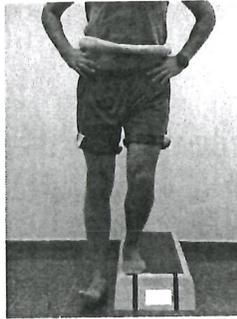
2-3 sets of 10-15 repetitions per leg



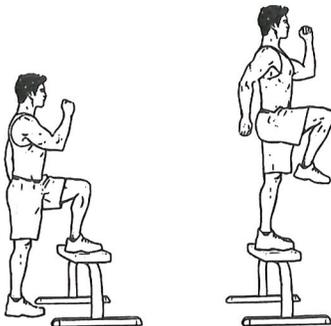
Anterior Heel Down



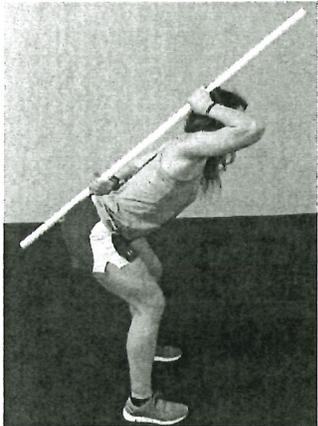
Lateral Heel Down



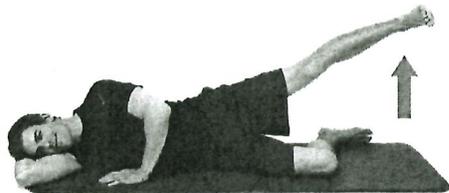
Single Leg Step Up with Leg Drive



Squats



Hip Abduction



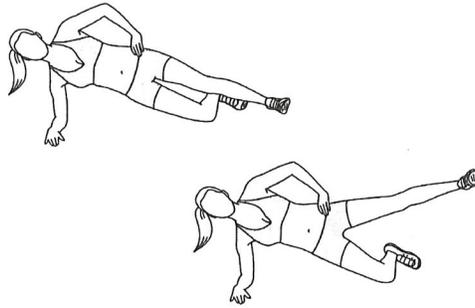
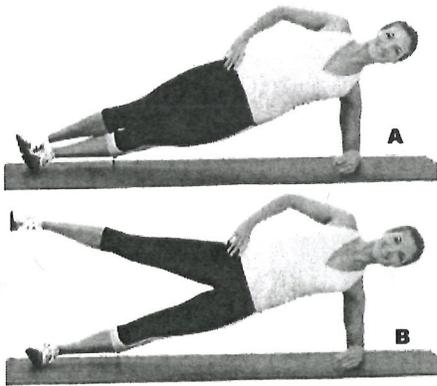
Single Leg Bridge



Plank



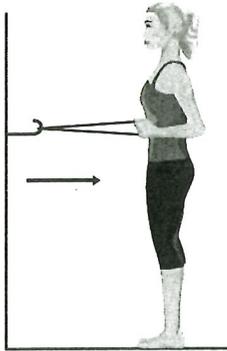
Side Plank with Hip Abduction



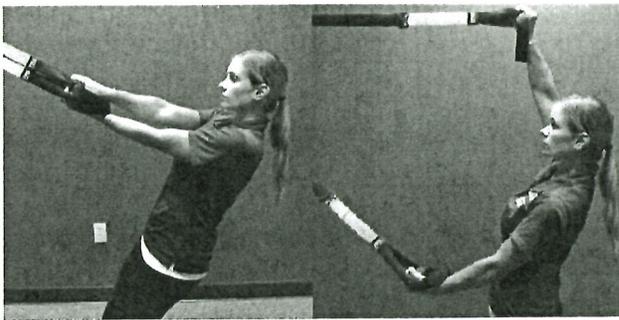
Lunge with Twist



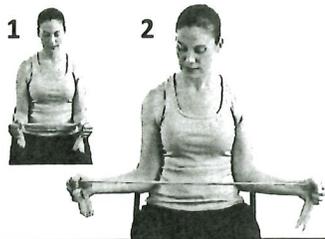
Rows



Alligator



Shoulder Ws



Shoulder External Rotation with Resistive Band

Stretching: Dynamic

PreHab Exercises
DYNAMIC STRETCHES
for RUNNING

