

Running Mechanics

A blue line-art illustration of a running shoe with a stylized 'P' logo on the side, positioned above the title.

Running mechanics are always a hot topic of discussion. Should you increase your cadence? What part of your foot should make contact with the ground? What shoes are the best? The answer to all the questions is...**you**.

Many running stores have treadmills with recording equipment set up to help find "the right shoe for your mechanics" and you can watch videos on YouTube that discuss all the adjustments you can make to your running form. So **what's different when you have your gait analyzed by a physical therapist?**

More than Just Your Feet

Our physical therapists will consider more than just your feet. With 20+ years experience working with runners, their comprehensive analysis will consider the knees, pelvis, and low back, looking for muscle deficiencies and poor alignment. Each part of the body together will give them a complete picture of your body mechanics.

All runners have inefficiencies in their form. They may be subtle, but things like swinging your arms too much, or striking the ground with the wrong part of your foot can really add up on a long run. Foot misalignment can result in hip pain; hip misalignment can result in knee pain. If your body is moving

inefficiently then you are wasting energy during your run, slowing you down and decreasing your distance.

We find that many people who begin a running regimen without the proper form experience pain and subsequently discontinue their exercise. Proper running form can not only improve your performance but prevent injury too! So if you've started walking or running to improve and maintain your health, starting with a firm foundation will keep you active.



Do you feel frustrated by injuries forcing you to the sideline? Are you concerned about the long-term effects of chronic foot, knee, hip or back pain? Would you like to run or walk farther, faster and PAIN free? Whether you are a competitive runner or just wanting to get in better shape, come join us.

**Space is limited, so call either of our offices
to RSVP for this event.**

Cozad

Saturday, December 2nd; 9 am to 12 pm

(308) 784-4300

Broken Bow

Saturday, December 9th; 8 am to 12 pm

(308) 872-5800