



Inside...

2 Stride Clinic

March 2015
pearsonpt.com

Vol. 3- Issue 3
like us on facebook 

Spring Into Running!

Spring is almost upon us! (March 20th). With that comes the nice weather and dusting off the running shoes. It might seem scary to begin running, but here are some tips to help you get back into the groove.

Start with run/walks. While it's tempting to just go out and run as fast as you can for as long as you can, you'll ultimately run longer, feel stronger, and stay injury free if you start by adding short bouts of running to your regular walks and gradually increasing the amount of time that you spend running. For Example: You'll start by adding one minute of running for every four minutes of walking, and gradually increase your running time so that eventually you'll be running for twice the amount of time that you spend walking.

Beware of the terrible toos. Your main goal is to get fit without getting hurt. Going too far too fast, before your body is ready is one of the most common causes of injuries like shin splints, IT band syndrome, and runner's knee, which sideline many people. You can stay injury-free by gradually building up the time you spend walking and running, increasing the time by no more than 10 percent from week to week.

Let the body be the boss. Some muscle aches and soreness especially in the quadriceps and calves - are to be expected any time you are pushing your body farther or faster than it's accustomed to going. But there are some pains that you shouldn't ignore. Any sharp pains or pains that persist or worsen as you walk, run, or go about your daily activities are signals to rest for at least three days and see a doctor or a physical therapist. Also, beware of any pains that are on one side of the body, but not the other.

Get the goods. You don't need lots of fancy equipment to start running, but a new pair of shoes are a non-negotiable. Worn-out shoes are a leading cause of injury, and often wear and tear aren't obvious to the naked eye. Don't shop by fashion or price; the money you spend will pay off in the form of hundreds of pain-free comfortable miles. **Replace your shoes every 300 to 500 miles.** If you have questions about what shoe is best for you, check out our shoe tutorial videos at our website under the tutorial videos tab.

Find the right route for you. Whether you start on the treadmill, the road, in the woods, or the trail, the most important thing when you start running is to find a safe route that feels comfortable for you. While there's nothing as convenient as stepping out your front door and going around the block, if that doesn't feel safe, you have other options. Treadmills offer a cushioned, more forgiving alternative to pavement, and they allow you to get your workout in all weather conditions. Tracks are ideal places to take your first steps, since they're flat, traffic free, and the distance is measured. Most tracks are 400 meters around, so four laps is roughly equivalent to one mile.

Take breaks before you need to. Once you're running, you may feel comfortable enough to skip the walk breaks. But it's important to take walk breaks before you feel like you need them. This will help fend off fatigue and prevent you from doing too much too soon. By taking walk breaks at the regular intervals that are scheduled for the day, you can ensure that you'll finish each workout feeling strong.

Be patient. Many of the positive changes that are happening when you start exercising won't be visible in the mirror or on the scale. The weight loss will come if you're consistent, but it takes time to condition your muscles, ligaments, and tendons. Plus, every time your foot strikes the ground, it stimulates bone growth, so your bones get stronger and denser.

If you would like more help on your running form, specific foot evaluation, or tips to run farther, faster with less pain, sign up for our Free Stride Clinic March 21st. For more info look at our website- pearsonpt.com.

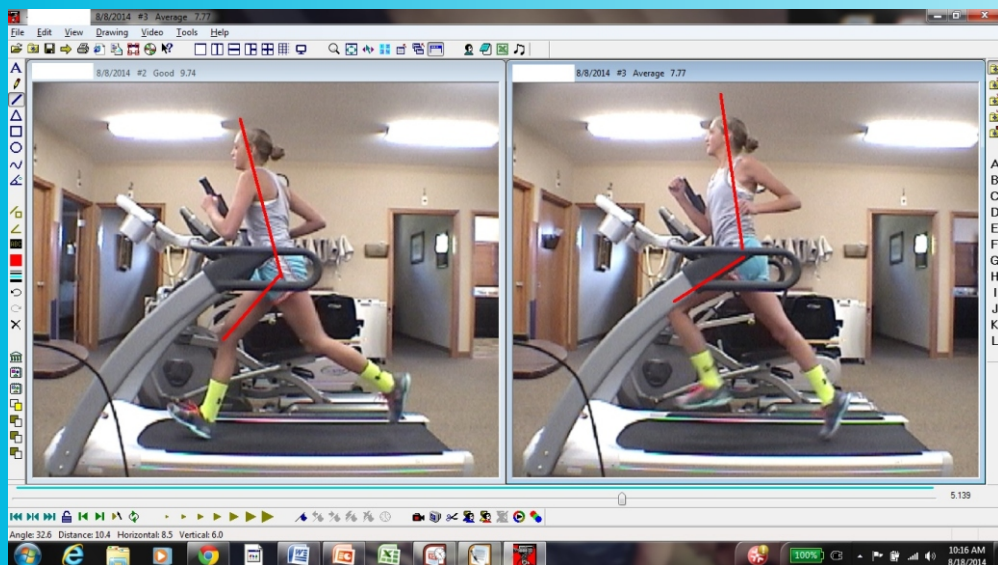
Pearson
PHYSICAL THERAPY



Stride Clinic

March 21st

FREE



*For Walkers
and Runners*

*Individual
30 Minute
Sessions*

pearsonpt.com

308-872-5800