



Rehab 3

Center for Athletes

Rehab 3 Running Program

- Improve performance
- Reduce the risk of injury
- Improve strength

RUNNING: INJURY PREVENTION TO PERFORMANCE

It's not difficult to see that running and other endurance sports such as triathlons have gained popularity in recent years. Many events ranging from 5k's and walking events to triathlons and marathons take place each weekend and cater to people of practically any age, ability, and fitness level.

There are many reasons for increased participation in these events. Most of them support worthy causes that help the community and are a great way to meet people. However, the number one reason people get involved with endurance events is **fitness**. Running, walking, biking and swimming are great ways to improve fitness because they require increased energy expenditure that burns extra calories and strengthen the cardiovascular system. Paying the entry fee often provides enough motivation to train for an event.

Calories burned during exercise (10 mins)*:

- Bicycling-91
- Running-113
- Swimming-79

*Based on 150 pound male at moderate intensity
It requires 3,500 calories to burn one pound of fat.

However, many people who plan to get into shape and become endurance athletes become injured and have their plans cut short. Overuse injuries are a huge problem among endurance athletes from experienced veterans to novices. In fact, it is nearly impossible to find an endurance athlete who has not had their training compromised by an overuse injury.

At Rehab 3 Center for Athletes we see scores of athletes each season who have been sidelined due to injury. Some of the more common overuse injuries include:

- IT band inflammation
- Patellofemoral pain
- Shin splints
- Back pain

Many of these injuries can very often be traced back to similar causes such as:

- Improper footwear
- Sudden increase in volume and/or frequency
- Muscle imbalances in flexibility/ strength
- Weak core musculature

Most medical and fitness professionals agree that prevention is the best way to treat overuse injuries; it is far easier and less frustrating than rehab-ing that injury. Most overuse injuries can be avoided if proper steps are taken prior to endurance training.

ATHLETE OF THE MONTH

Janine Harrington
Runner
Dover, NH



- **Make sure you have the proper equipment.** If you are a runner, get proper footwear. Just because a shoe works for one person does not mean it will work for you; your foot is unique to you. Our therapists provide information about which shoe is right for you. So, before you start training, get a shoe that fits your body and running style.

- **Too much too soon is always a great way to cause an injury.** If weight-loss is your goal you must realize that you won't lose all your weight in a day or a single workout. Also, understand that running faster won't burn many more calories than running slower, it just takes less time.

- **Warming-up prior to activity is essential.** The traditional 10 second static hamstring and calf stretches do not effectively set up your body for exercise. A warm-up should be dynamic and total body; it should raise your core temperature and prepare your body for the upcoming training session.

- **A training program that contains overall body strengthening, balance, core stability and flexibility should always accompany endurance training.** Rehab 3 Center for Athletes has trained endurance athletes of all types for many years. Dynamic flexibility, core stability and functional training are primary components for all of our programs. These techniques have been proven effective for keeping athletes healthy as well as improving fitness and performance.

OUR RUNNING COMMUNITY



Train NOW for next season...

- Basketball
- Volleyball
- Hockey
- Football
- Baseball
- Soccer
- Lacrosse
- Skating
- Softball



Your winning edge
in sports medicine

- Official UNH team physicians
- Sports Physical and Occupational Therapy
- Comprehensive Strength and Conditioning Programs

7 Marsh Brook Drive, Somersworth, NH 03878 (603) 749-6379

www.centerforathletes.com