

## Fisher-Titus Medical Center

# SPORTS INJURY GUIDELINES

*“The Winning Team for Your Athletic Health Care Needs”*

## Running Injury Prevention

Many running injuries can be reduced through proper conditioning and training, apparel and footwear selection, and awareness of the running environment.

### Follow these guidelines to Play it Safe:

- Plan a progressive running program to prevent injuries. A five minute warm-up followed by stretching exercises, is essential before starting a run. Following a run, stretching again is important, because microtears that may have occurred will heal better.
- During hot weather, running should be scheduled in the early morning or evening hours, to avoid heat-related illness. Be sure to have adequate rest between runs.
- Drink 10 to 16 ounces of fluids 15 to 30 minutes prior to running and every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink one pint of fluid.
- Run in the shade if possible, and avoid direct sun and black top. If exposed to the sun, apply at least #15 sunscreen. Wear a hat with visor to shade your eyes and face.



### Planning Your Run:

- Let others know where you will be running and stay in familiar areas. Wear reflective clothing when running at dusk or dawn.
- Run with a partner. If alone, carry identification.

Source: U.S.A. T.&F. Assoc., Road Runners Club of America, and A.O.S. for Sports Medicine.

## Proper Equipment

When selecting a running shoe, look for **good shock absorption** and construction that will provide **stability and cushioning to the foot**. Make sure that there is a thumbnails width between the end of the longest toe and the end of the shoe.

Sixty percent of the shoe's shock absorption is lost after 300 miles of use, so know when to consider replacing your shoes.

Excessive clothing can produce sweating-leading to cold injury.

Dress in layers- inner layer should wick moisture away from skin (polypropylene, thermax): middle layer for insulation (cotton): the outer layer to protect against wind and rain (nylon).