



## Let's Talk Running... Running Gait and Injuries

**“Starting to notice more aches and pains, may be time to check out your running gait pattern.”**

Unfortunately, as we get farther along in the training schedule, many runners may be experiencing more noticeable aches and pains. If a runner has any underlying strength or flexibility imbalances, improper running shoes, or possibly some biomechanical concerns at the foot and ankle, they become more susceptible to running injuries as the mileage increases. What we were able to “get away with” early in our training, may no longer be the case and can lead to the type of injury known as “over-use.”

Some difficult questions that we ask ourselves include:

“Will I injury myself more if I keep running?”

“I have worked so hard at my training, but will I be able to finish the race?”

“What should I do so that I can finish the race?”

“What can I do to prevent this from happening again?”

One way to answer these questions and to determine if these aches and pains are normal or harmful, is through a lower quarter screen, including a biomechanical evaluation of the foot/ankle and videotaped gait analysis. With all of this information, including training schedule, individual goals, and history, recommendations can be made regarding appropriate pain management techniques, training modifications, and the need for a footwear change or the addition of a foot orthotic. Furthermore, a determination can be made if additional medical intervention is necessary, including referrals to family or orthopedic physicians, physical therapy, personal trainers, or other health care professionals.

The difference between watching at the finish line and crossing the finish line may be a recommended change by an expert in this area. For more information about the specialty services offered to distance runners and triathletes, including running gait analysis, please contact us at 269.329.0934 or visit our specialty services link on our website at [www.agilitysportsmedicine.com](http://www.agilitysportsmedicine.com).

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