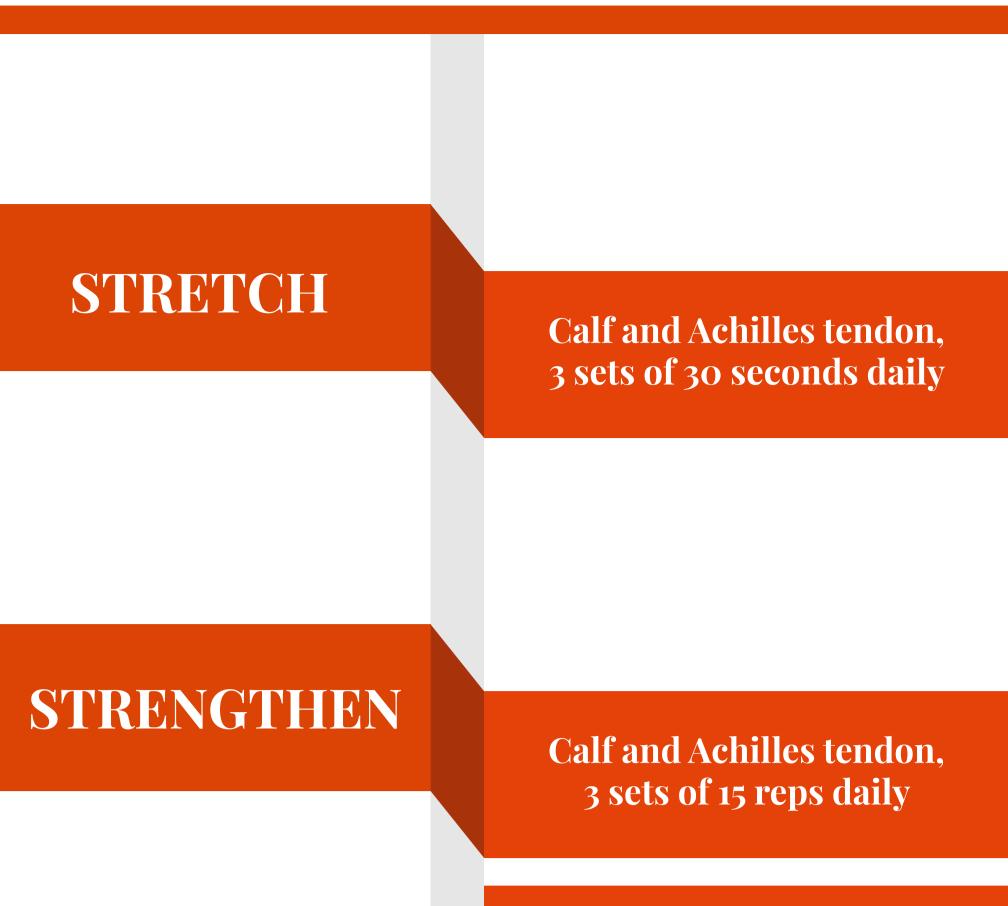
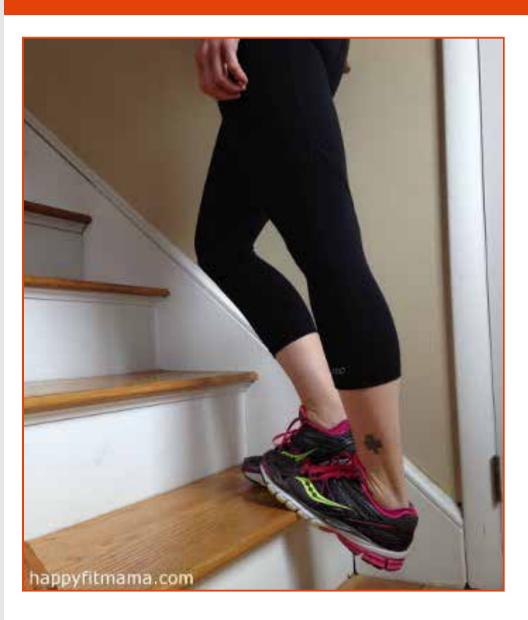


Summer is here and runners of all skill levels will return to the beloved exercise of running as the sunshine comes out more consistently. While running is a great exercise, especially in this time of "social distancing", too much too soon can lead to aches, pains, and injuries. We want to keep you on the pavement and out of our office for minor foot and ankle injuries. Here are some proactive things you can do to make that happen.



Standing heels off a step, holding on for balance, stretch down to the bottom of the range of motion, rise up onto your toes and then slowly lower back down so your heels are below the step.



STRENGTHEN

Quadriceps, 3 sets of 15 reps daily

Standing with your feet shoulder-width apart and toes turned slightly outward. Squat down as

deep as is comfortable with chest lifted. As you return to standing, squeeze thigh muscles tightly at the top. If this squat is easy, you can add a challenge of a jump at the top, making sure to stay in control, jump and land softly.



MILEAGE

Increase mileage gradually

No matter your history with running, after the winter downtime and overall reduced activity, your body is not ready to run at the same pace you finished at last fall. Increase your time and pace gradually to avoid injury and soreness.

FOOTWEAR

It might be time for new shoes

Don't just order your shoes from the internet and hope they fit. Go to your local running shoe store and try on different brands, everyone's feet are different. If it costs a little extra, correctly fitting shoes are worth it. And in this particularly difficult time for small business owners, why not buy local and support your community?