



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.

STRETCH

Calf and Achilles tendon,
3 sets of 30 seconds daily

STRENGTHEN

Calf and Achilles tendon,
3 sets of 15 reps daily

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?