



THE PHYSIO CLINIC

Movement Health Performance

Have You Picked Up Bad Running Habits?

THE RUNNING CLINIC[®]

For any runner to achieve the best results, running efficiently and with good form is important. More than anything, practicing good running form will help to keep you free of injury! Follow these tips to work on perfecting your running form!

1. Look ahead

Look ahead towards the horizon; neither up nor down. This will straighten your neck and back, bringing them in to the correct alignment. Keep your jaw and neck relaxed.



2. Keep your shoulders relaxed

Keep your shoulders square, low, loose and relaxed. Try to avoid rotating them from side to side while you're running.

3. Avoid leaning forward

Leaning too far forward produces a stumbling, high-impact stride, placing excessive stress on the knees and back. Aim to run tall. This will open your chest and help you breathe more easily.

4. Move your arms

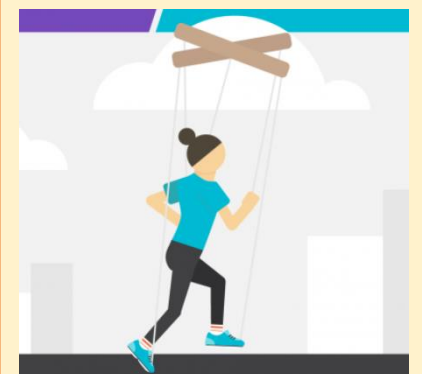
Our arms are extremely important when we run. They are what drive the legs to drive you forward. Our arms should be bent at the elbow and swinging like a pendulum from your shoulder. Imagine you are reaching from your back pocket to your mouth.

5. Relax your hands

You're not getting ready for a fight! Keep your hands in an unclenched fist, with your fingers lightly touching your palms. Imagine you are trying to hold a crisp between your finger and thumb without crushing it. Relaxing your hands will help you relax your shoulders.

Top Tip for Running Tall

Imagine a piece of string that is attached to the top of your head. Imagine this string is to pull directly upwards from this point, lengthening the back of your neck and tucking your chin in.



6. Strengthen your glutes & core

No matter how hard you work on improving your running form, a serious limiting factor to your performance and ability to stay injury free is your core strength and ability to activate your gluteal muscles. These two key muscle groups play a huge role in providing stability around your lower trunk, pelvis and hips.

Weaknesses and imbalances around these areas can directly lead to knee, hip and back injuries, as well as running related problems with the lower leg.

Incorporate regular strength and stability exercises into your weekly routine to improve these key factors and your running will reap the

benefits in the long term. Both in terms of injury prevention and improved performance.

Example Exercise

Glute bridge



THE RUNNING CLINIC

Want to learn more about running technique?
Come and have your running assessed at The Physio Clinic!

What can we offer?

Biomechanical Analysis

Your biomechanical analysis will be made up of two parts:

Functional Movement Analysis:

This is where we look at your movement to identify any faults or weaknesses that could be preventing you getting the most out of your running.

Video Running Analysis:

This will involve us taking video clips of you running on a treadmill to assess your technique.

Running Technique Coaching

After we have identified your faults in your biomechanical analysis and identified your goals, we can deliver a block of 6 running technique and retraining sessions to evolve your running.

These sessions include:

- Further video analysis
- Strength exercises
- Speed work
- Mobility exercises
- All specific to your goals!

No matter how young or old, or the level of your running experience, it is likely that you


are not moving as well as you could be. Learning the correct technique can result in increased efficiency, lowered risk of injury and increased speed; making running even more enjoyable!


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Looking for more information?

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