



The Team That Keeps You Playing



Running Injury Percentages

- ◆ Hip 10.9%
- ◆ Knee 42.1%
- ◆ Ankle 16.9%
- ◆ Achilles 6.4%
- ◆ Leg 12.8%
- ◆ Other 10.8%

Common Injury Sites

- ◆ Anterior Knee
- ◆ IT Band
- ◆ Plantar Fasciitis
- ◆ Tibial Stress Fx
- ◆ Knee Meniscus

Running Injury Risk Factors

- ◆ Novice Runners
- ◆ Increased Mileage
- ◆ + 40 Miles/Week
- ◆ Previous Injuries
- ◆ Incomplete Rehab
- ◆ Ignore Symptoms
- ◆ Pre-Existing Injury
- ◆ Poor Shoes

Running Gait Analysis

- ◆ Have you started a training program, but every time you run you think, "Something does not feel right?"
- ◆ Has anyone told you that you "Run funny?"
- ◆ Have you been training for a 10K event, a 1/2 marathon, or marathon, and every time you increase your mileage, you get pain?

Maybe it is time to do something about how you run! There are many reasons why you can be getting pain or why something does not feel right. You could have joint, flexibility, or strength limitations that are affecting your ability to run efficiently. Your problems could also be coming from training errors or poor technique. At Impact Sports Medicine, we can work with you to address your problems. At our Westminster and Lakeshore facilities, we have the ability to video tape your running gait, and evaluate what is causing your problems. We can then put together a treatment program to address your deficits, which will help to achieve your goals. We can also work with your training coach, to ensure that we are all working towards a common goal.

If you are not meeting your running and training goals, call us at **Impact Sports Medicine** to schedule your evaluation, **303-446-2200**. Most insurance companies will cover your evaluation and any treatment that is required, and we also have cash pay rates.



Chambers
I'M SORRY, MR. GRONWALD, BUT RUNNING RED LIGHTS DOES NOT COUNT AS AN EXERCISE PROGRAM.

It's got to be the shoes!

Running shoe sole and midsole design has improved dramatically over the past 10 years. The midsole technology of the shoes is better than ever, but is negatively affected by compression (Running and weight), heat (Sun), air, and moisture.

The midsole in most running shoes can break down in as little as 120 miles, but we recommend changing your shoes every 300-500 miles.

