

Running Injury Prevention

Presented by

Jonas Chiropractic Sports Injury Care

Directors of Injury Prevention & Rehabilitation for The LI Marathon Weekend



Training Tips for a Successful Long Island Marathon Weekend:

Keep a training log. Tracking your mileage, distance, time and how you feel will prevent overtraining and help you determine what may be causing pain or leading to an injury.

Increase mileage gradually. 10% increase weekly is the rule, which reduces the risk of injury.

Alternate. Take a day off or an easy run after a hard day.

Mix it up. One long run a week with two shorter runs for speed, and an optional easy recovery run. Add some intervals and/or hills for strength.

Cross train. Increase your aerobic conditioning without additional running by swimming, cycling or rowing one or two days.

Recover. Take at least one day off a week for rest and recovery. Two days is okay too.

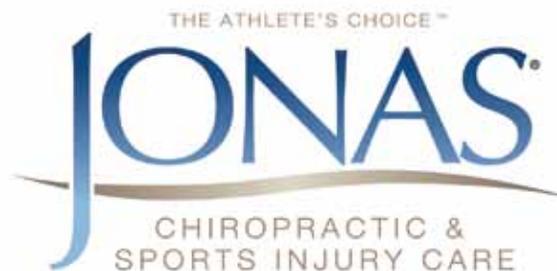
Strength train. Do weight training, Pilates or Yoga twice a week.

Stretch. Warm up with dynamic stretches and do the intense stretching after your run.

Replace your shoes. After 500 miles mid-soles become too compressed to return to their original shape between runs and it will affect your legs.

Don't ignore pain. Muscle pain and soreness is normal with increased training. If pain persists it could indicate a more serious injury. Any imbalance or weakness contributing to the injury will have even greater negative impact with increased speed or distance. Seeking treatment early will require less time off and get you back on track for an optimal race day performance.

ART® can help. Active Release Technique® is deep tissue massage with joint mobilization that results in faster, more effective soft tissue repair. Jonas Chiropractic Sports Injury Care gets you back in action fast with an individually designed injury-specific treatment plan.



Our Philosophy

We begin by understanding what you do, analyzing your Functional Movement Patterns as they relate to your sport or daily activity. We evaluate your posture to ensure equal and correct balance, and create your plan with a goal. We are Certified in **Active Release Technique, Graston Technique, Chiropractic Biomechanics, Functional Movement Systems, Pose running**, and we are Certified by the National Strength and Conditioning Association as **CSCS Specialists**.

Dr. Jon DeGorter, DC

Trained and certified in **Active Release Technique**, Dr. Jon works with Ironman athletes and marathon runners and you will see him at many events treating these athletes. By assessing gait and postural analysis while running he is able to get these athletes back on the road faster and quicker with **ART**.

