

A STEP-BY-STEP GUIDE TO RUNNING INJURY FREE

HOW TO KEEP YOUR FEET HAPPY



PREVENTING INJURIES

Nothing kills training momentum like an injury. Hard-earned progress is lost. Hopes are dashed. And time spent out on the road is replaced by what seems like an eternity on the couch. Luckily, there's a lot you can do to protect yourself and your runs. You'll need to get better acquainted with your feet, get them properly fitted, brush up on our tips for training success, and learn about the early warning signs for budding injuries and how to head them off. As always, be sure to consult your physician before beginning a fitness routine.

And don't worry, we're here to help. Our goal is to empower you to Run Happy®—and healthy.

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brooksrunning.ca



1 GET TO KNOW YOUR FEET AND HOW YOU RUN

Your feet and gait—how you run or walk—are unique. In order to find the right shoe for you, your width, size, and arch type need to be accurately evaluated and understood.

You can identify your foot type on your own. Create an imprint of your foot—by running in the sand or stepping on paper with wet feet—and compare it to the foot shapes below.



HIGH ARCH

- » Lightweight, neutral shoes
- » Shock absorption
- » High instep



MEDIUM-HIGH ARCH

- » Medium stability
- » Wider toe box



FLAT ARCH

- » Extra stable platform
- » Broad midfoot and wider toe box

GAIT



NEUTRAL GAIT (left foot shown)

- » High arch
- » Rigid, inflexible foot
- » Bony foot



MILD PRONATOR (left foot shown)

- » High/medium arch
- » Slightly flexible foot
- » Slight "rolling" toward inside of foot



MODERATE PRONATOR (left foot shown)

- » Medium/low arch
- » Fleshy and slightly flexible foot
- » Slight "rolling" toward inside of foot



SEVERE PRONATOR (left foot shown)

- » Flat arch
- » Significant "rolling" toward the inside of foot for the majority of the ride from heel to toe
- » Fleshy, very flexible foot

For a free gait analysis and expert fitting, head to your local running shop. Find a Brooks dealer near you at brooksrunning.ca

2 GET THE RIGHT SHOES FOR YOUR FEET

Shoes are the runner's most important equipment. Taking the time to get properly fitted is essential to injury prevention. Keep in mind that your foot size and shape can change over time.

What shoe is right for you? Find out at your local running shop. To get the address of the location nearest you, enter your zip code at www.brooksrunning.com/retailers.

BROOKS FOOTWEAR MEN'S WOMEN'S

GLYCERIN® 9

Offers adaptive Brooks DNA cushioning, incredible resiliency, and a touch of smooth support for mild overpronators and neutral runners.



M's 110097 337

W's 120091 476

GHOST 4

Friendly to a variety of runners across the Neutral spectrum, this shoe delivers bounce and balance thanks to generous cushioning and an enveloping upper.



M's 110098 484

W's 120092 984

TRANCE™ 10

Cushioning, support, and luxurious comfort: the latest Trance™ is a perfect "10". Full-length Brooks DNA lends a plush feel with a customized, responsive ride.



M's 110087 438

W's 120081 450

ADRENALINE™ GTS 11

Perfect for mild to moderate overpronators who seek a glove-like fit, smooth yet supported heel-to-toe transitions, and dynamic Brooks DNA cushioning.



M's 110088 437

W's 120082 655

BEAST®/ARIEL®

This orthotics-adaptable shoe brings maximum support plus adaptive, full-length Brooks DNA cushioning to runners with low or flat arches and excessive pronation.



M's 110079 435

W's 120074 313

3 GET STARTED ON THE RIGHT FOOT

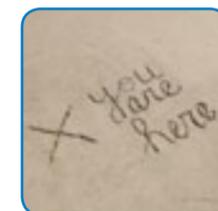
You're more likely to stick with a running program if you have a solid strategy. Here are some tips to get you running—and keep you running.

HAVE A GOAL



Whether you're looking to start a fitness program or finish a marathon, intelligent training can help you achieve your goals without injuries.

START A TRAINING LOG



Keep track of distance, weather, new shoes, and how you feel during and after your runs. You'll be surprised at how a few quick notes can tip you off to potential problems and help you plan for future success.

HYDRATE YOURSELF



Sixty-four ounces. Two quarts. A half-gallon. Any way you measure it, try to drink at least eight 8-ounce glasses of water per day. Running is much easier when you're proactive about hydration.

PACE YOURSELF



A common training mistake is to run too much, too quickly. DO NOT increase your speed and distance at the same time. You won't completely improve in one area, and you will often feel frustrated and exhausted.

CHOOSE THE COOL-DOWN



If time is a factor, choose the cool-down over the warm-up. Stretching your muscles after a run—when they're tight and full of blood—helps return them to their longer, resting state. This will help you avoid sore muscles.

4 BE AWARE OF YOUR BODY AND HOW IT WORKS

Consider factors that can affect your running or walking gait:

- » Have you been told that your legs are not the same length?
- » Does one shoulder drop lower than the other?
- » Do you have chronic leg pain or old injuries?
- » Are you recovering from a recent injury?

Correct movements are the key to safe and fast running. Work on your running technique. Try to avoid over-striding or striking heavily on your heel. Avoid running in place or jumping up and down. Don't forget that your whole body is involved when you run—not just your feet and legs. The stronger your core, the better your run. Use the swing of your arms to propel you forward.



5 LISTEN TO YOUR FEET (AND YOUR ANKLES, KNEES, ETC.)

At the first sign of any foot injury, always ice the sore spots right away and consult a doctor. Icing speeds recovery and helps you return to activity faster.

A good rule is to apply ice 20 minutes at a time with at least a 20-minute break between applications. One effective technique is to have three reusable ice packs on hand and apply them on the hour, with 40-minute breaks in between. If you apply the first ice pack at 6 p.m., the second at 7 p.m., and the third at 8 p.m., the first will be cold again by 9 p.m. This aggressive regimen is very effective at minimizing the impact of overuse injuries.



A STEP-BY-STEP GUIDE TO RUNNERS' ACHES & PAINS

8 COMMON INJURIES & HOW TO FIX THEM



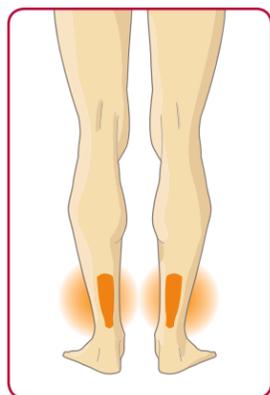
COMMON INJURIES

Every runner is bound to experience training-related aches and pains at some point. Thankfully, even a little knowledge (the tips here, for example) can help you treat painful symptoms and correct underlying causes. With a little luck, diligence, and increased self-awareness, you can prevent serious injuries, and run happily into the sunset. However, if your injury persists, see your physician.



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ACHILLES TENDINITIS



WHERE IT HURTS:
Lower calf muscles on the back of the leg.

CAUTION:
Reduce mileage or avoid running until pain free. If injury persists, see your physician.

HOW IT FEELS:

Dull ache, pain, and stiffness; may be more prevalent in the morning.

CAUSES:

Constant uphill running; shoes with soft heel counters; shifting from higher-heeled dress shoes to running shoes; aggressive pace (too much, too fast, too long).

SELF-CARE:

R.I.C.E.—Rest, Ice massage, Compression (with ace bandage), and Elevation—especially at night; arch supports; calf stretches; modifying activities.

PLANTAR FASCIITIS



WHERE IT HURTS:
Bottom of the foot.

CAUTION:
Early recognition and treatment is key. If injury persists, see your physician.

HOW IT FEELS:

Sharp knifelike pain inside the heel; heel pain during first morning steps and at the end of the day.

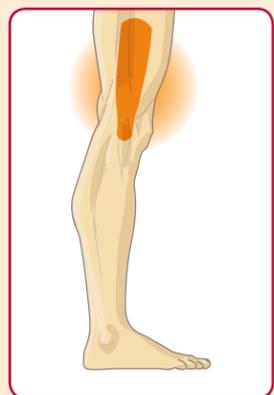
CAUSES:

Prolonged standing; being overweight; differing leg lengths; unsupportive shoes; tight calf and Achilles tendon; flexible arch; overpronation.

SELF-CARE:

Arch supports; night splints; consistent stretching—especially of the calf muscles.

ILIOTIBIAL BAND SYNDROME (ITBS)



WHERE IT HURTS:
Outside of the upper leg and/or the outside of the knee cap.

CAUTION:
If injury persists, see your physician.

HOW IT FEELS:

Pain on the outside of the knee or upper leg.

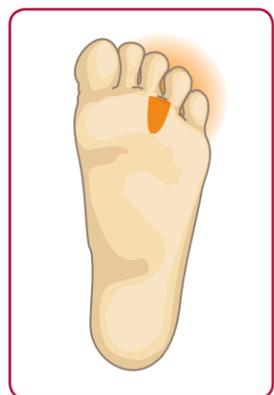
CAUSES:

Often associated with running on a track or roads with an incline. Other causes include overuse; supination; high, rigid arches or low, flat arches; inflexibility; overpronation; weak pelvic and buttock muscles; knee misalignment (bowlegged or knock-kneed).

SELF-CARE:

Ice massage; specific ITB stretching; foam roller; varied walking and running routes; reduce mileage and hill work; strengthen pelvic and buttock muscles.

MORTON'S NEUROMA



WHERE IT HURTS:
A pinched nerve in the foot, most often between the third and fourth toes.

CAUTION:
If injury persists, see your physician.

HOW IT FEELS:

Sharp, burning, or throbbing pain in the ball of the foot; tingling in toes.

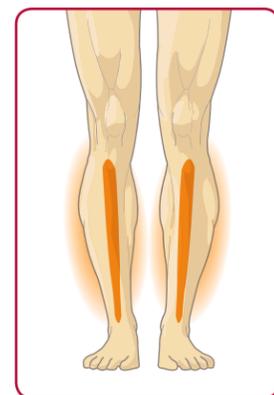
CAUSES:

Excessive pronation; hereditary predisposition; shoes that are too tight (i.e. high heels); high-impact activity.

SELF-CARE:

Ice massage; wear appropriately fitted and supported shoes with broad toe box; take a break from high-impact athletic activity; consider arch supports, foot pads, or orthotics.

SHIN SPLINTS



WHERE IT HURTS:
Inner part of the front of the lower leg.

CAUTION:
If not treated, shin splints can lead to tibial stress fractures. If injury persists, see your physician.

HOW IT FEELS:

Pain, soreness, tenderness, mild swelling.

CAUSES:

Often occurs when increasing mileage or beginning a training program. Other causes include training too much, too fast, too long; calf and Achilles tightness; unsupportive or worn-out shoes. More common for flat feet, excessive pronators, and flexible feet.

SELF-CARE:

Replace running shoes every 350 to 500 miles; ice massage; stretching; arch support; running on softer surfaces.

BUNIONS



WHERE IT HURTS:
Joint of the big toe.

CAUTION:
If injury persists, see your physician.

HOW IT FEELS:

Painful ache or soreness on outside of the big toe, often with a bulging bump. Big toe may sharply angle in toward other toes. If area becomes red and warm, consult your sports medicine professional.

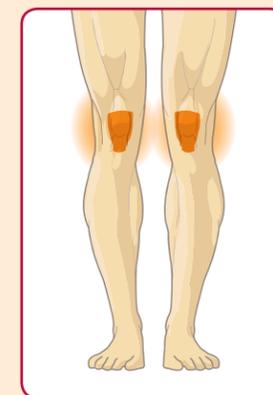
CAUSES:

Hereditary predisposition; ill-fitting shoes (i.e. high heels).

SELF-CARE:

Select shoes with a wide and deep toe box; avoid high heels; ice for pain and swelling.

PATELLOFEMORAL PAIN SYNDROME



RUNNER'S KNEE

WHERE IT HURTS:
Bottom and/or inner side of the knee cap.

CAUTION:
If injury persists, see your physician.

HOW IT FEELS:

Sharp pain while running or jumping, persisting afterward as a dull ache.

CAUSES:

Overuse; sudden increases in intensity of physical activity; tight leg muscles; differing leg lengths; overpronation; weakness or imbalance in quadricep muscles, resulting in increased hip motion.

SELF-CARE:

Ice massage; avoid pain-causing activity; switch to lower-impact activities or softer surfaces (i.e. grass, trails, tracks); strengthen quadricep muscles.

BLISTERS



WHERE IT HURTS:
Usually, where your shoes or socks rub against your skin.

PREVENTION TIPS:

Make sure your shoes fit properly. Buy socks specifically made for running. Spread a little petroleum jelly on any problem areas. Put moleskin or athletic tape over "hot spots" prone to blisters.

HOW IT FEELS:

Painful bubbles of skin filled with clear fluid. They can appear anywhere on your foot.

CAUSES:

Friction; sweaty feet or wet conditions; wearing shoes that are too small or tied too tight; foot abnormalities such as bunions, heel spurs, and hammertoes.

SELF-CARE:

If you already have a blister and it's not painful, just leave it alone. If a blister is painful, carefully pierce it with a sterilized needle, press the fluid out, apply antiseptic cream, and cover the area with an adhesive bandage or moleskin.