

Fernie Physiotherapy and Sports Injury Clinic talk with the Running Club at Isabella Dicken Elementary

Presented by Bob Maudie and Laurel Harrison-Edge, September 26th/28th, 2016

Stretches:

Hold stretches for 5 seconds before running to get muscles ready to run. After running hold stretches for 30 seconds to lengthen the muscle.

Calf Stretch:



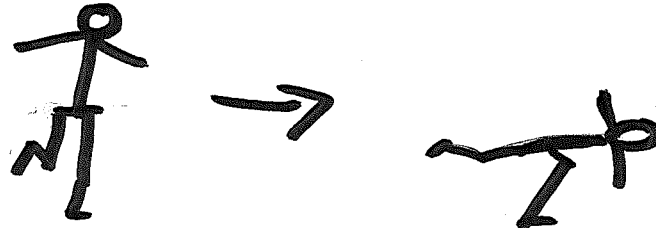
Quadriceps Stretch:



Hamstring Stretch:



Hip Strengthening Drill: Single leg standing airplane



Running Technique Drill: High knees and be as quiet as possible



Parent Education: There are two very common developmental overuse injuries that occur in children that you should be aware of. One is pain just below the patella tendon at the attachment to the shin bone. This is called Osgood Schlatters. The second is pain at the back of the heel, which is called Severs. Both of these conditions are a result of shortened muscles after a growth spurt followed by increased load from sports and daily activities. If your child is complaining of pain in either of these areas, is tender to touch in these areas, and or limps first thing in the morning or after prolonged activity, it is advised they rest and consult with a Physiotherapist prior to resuming running activities.