Corewell Health Medical Group Orthopedic Tips



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General Injury Prevention Strategies

Cheers to the kickoff of the Amway River Bank training runs! Now is a key time to discuss injury prevention strategies and get excited about the work ahead. Take a look at the following tips and tricks.

- Build training volume gradually. The old adage is to increase your mileage by no more than 10% per week. This allows your tissues, including the bones and tendons of your lower body, to slowly adjust to the increased loads placed upon them.

- Make time to strength train at least twice per week. Key areas include your glutes, quads, calves and intrinsic foot muscles. The stronger these muscles are, the more supported your joints are and the more power you can generate with each stride.

- Consider ways to optimize your running gait, particularly if you have a history of prior running-related injury or are just beginning your running journey. Simple tips include increasing your cadence (the number of strides you take per minute) and focusing on a soft landing. When increasing cadence, your focus should be on taking shorter strides rather than increasing your speed. This allows your foot to land closer to your body/center of gravity and reduces impact forces.

- Be intentional about your nutrition and fueling strategies. Make sure you are eating enough calories to fuel your training. An imbalance between energy intake and expenditure (calories in vs calories out) can lead to overuse injuries and reduce your performance. Plan your meals to incorporate a variety of fruits and vegetables and focus on whole foods, rather than supplements or ultraprocessed foods. Timing of nutrition matters too. After your runs, aim to eat a mix of carbohydrates and protein within 1 hour to help your body recover. This replenishes your body's energy stores to fuel your next workout and aids in repairing the microscopic muscle damage accrued during training.

If you have any questions or concerns regarding an injury or pain, please reach out to one of our experienced sports medicine physicians at Corewell Health West Orthopedics at (616) 267-8860. You can find more information about our orthopedic programs and providers near you at corewellhealth.org.