

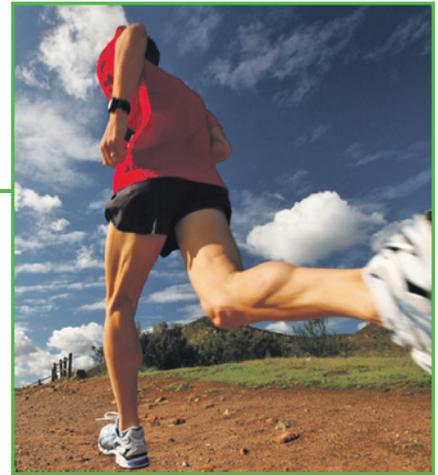


# Sports Chiropractic and Running

## Does it hurt when you run? It shouldn't!

Dr Luke Nelson at Chiropractic Solutions specialises in the diagnosis, treatment and prevention of running related injuries.

Injuries in runners are alarmingly high, with studies showing anywhere from 30-80% of runners getting injured. The most common injury that is seen in runners are knee injuries, with other injuries such as ITB syndrome, plantar fasciopathy, "shin splints" and Achilles tendinopathy also being relatively common.



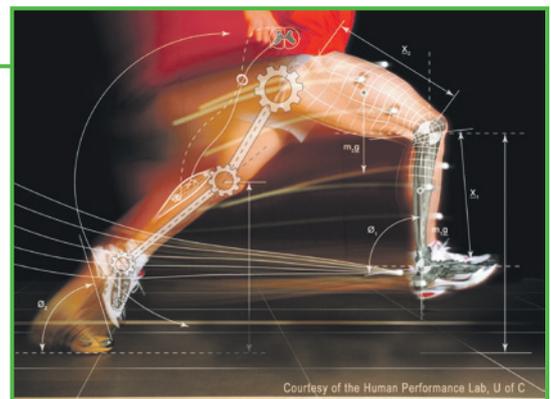
## Chiropractic assessment

A thorough Chiropractic assessment from your feet all the way to your head is an important start to determine any dysfunctional areas. Each step during running transfers 2.5 times your body weight through your body, so it is vital that all areas of the body are functioning optimally!

Dr Luke utilises a number of testing procedures including the Selective Functional Movement Assessment, Functional Movement Screen and Y Balance testing to determine any imbalances or weakness that may be contributing to your injury or affecting your performance.

## Running technique

Have you noticed that we are taught how to do many sporting skills such as tennis, golf and swimming, but rarely, IF EVER taught how to run properly?! Just like any sport there is a right and wrong way to do things. Through poor running technique, many people put their bodies under a lot more load than it should be when they run. This leads to sore backs, shins, knees or even shoulders and necks. Poor technique means that you work harder, go slower and feel worse when you run.



Courtesy of the Human Performance Lab, U of C

Some of the common technique faults we see in runners are:

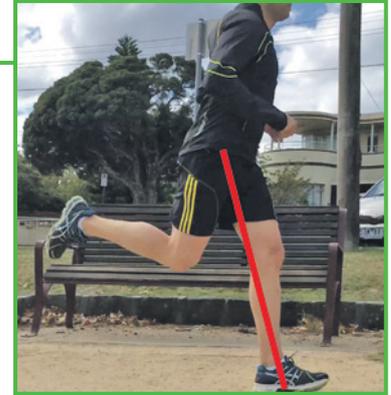
- Over striding
- Poor posture
- Incorrect arm swing

The good news is that these can be corrected! A running technique analysis by Dr Luke Nelson can help you determine where your imbalances are, and how you need to correct these!



## Running technique analysis

Having your running style expertly analyzed is the first step in optimizing your running. At Chiropractic Solutions we offer 2 methods of assessing running technique. We have our regular Enhance Running group workshops which are conducted at a nearby park in a small group, and then we have our in-clinic treadmill analysis which is one-on-one. Please speak to your Chiropractor about which one is more appropriate for your needs.



## Running shoes



Pronation support? Cushioning? Heel drop? Minimalist? Barefoot?? There is a myriad of choices out there currently for shoes, and the correct footwear can be important to keep you injury free. Your Sports Chiropractor will help decide what works best for your body.

After a thorough assessment and diagnosis of your problem, treatment is performed to get you back to your best. Using a combination of specific Gonstead Chiropractic adjustments, soft tissue therapies, running technique modification, exercise and rehabilitation measures, Dr Luke's aim is to restore and enhance your body's neuromusculoskeletal system for peak performance on a preventative and rehabilitative basis.

## About Dr Luke

Dr Luke is a Sports Chiropractor who has completed his Masters in Sports Science in addition to a Postgraduate Diploma in Sports Chiropractic with an emphasis on biomechanics and injury assessment. He is an avid runner who has completed multiple marathons, ultra marathons, triathlons and full Iron Man events. Dr Luke has been an Enhance Running technician since 2011, and has been conducting running workshops since then for everyone from beginners to elite runners.



Dr Luke is also Selective Functional movement assessment (SFMA) and Functional movement assessment (FMS) certified.

**So who can benefit from Sports Chiropractic?  
Anyone from the weekend warrior, the occasional jogger to elite athletes!**