Are you tired of sore feet, ankles and knees after running? How about low back pain?
- Most runners don’t cross-train, leaving them susceptible to multiple overuse injuries.
- Sometimes it takes another runner to understand the aches and pains runners experience.
- Call on our sports health experts who all are credentialed in sports medicine.

Tips for a safe running program
- **Progressively increase** the duration and frequency, duration and intensity of your running, but don’t increase more than one variable a week.
- **Replace fluids liberally**. Drink at least 8 ounces of fluid before you start and 10 to 15 ounces for every 20 to 30 minutes during your run. And don’t forget to replace fluid deficits after your run.
- **Use sunscreen** when running in the sun. Consider a hat with a visor and/or sunglasses with UVA/UVB protection.
- **Allow yourself time** to acclimate to heat or altitude by reducing your normal workouts for about a week.
- **Run early** in the morning or in the evening to avoid excessive heat.
- **Do not run outdoors** when pollution counts are high.
- **Wear reflective clothing** when running at dawn or dusk. Run against traffic and stay alert to your surroundings.
- **Layer clothes** in cold weather. Wear a synthetic base layer to wick away moisture and wear a hat. Run into the wind early in the run so the wind is at your back at the end of your run. It’s easier on you when you’re tired and keeps you warmer than running into the wind while sweating.
- **Run with a partner**. Carry identification and let others know where you’re running.
- **If you are running on trails or in a rural area**, have your cell phone with you in case of emergency.

Call 330.835.5533 to make an appointment or visit summahealth.org/sportsmedicine for more information.