

THE BASICS 540.985.0500

Back to Basics Physical Therapy 1015 First Street SW, Roanoke, VA 24016

Step Outside to Walk or Run



People enjoy walking or running for a number of reasons. For many, it's a simple form of exercise. For some, it's about 'the freedom of the road' and 'being one with nature', while others find it an effective way to decrease stress.

Walking or running helps condition the body and improve blood circulation. Regular walking is associated with a healthier heart and a greater sense of well being. For those who like to run, the right running technique combined with appropriate footwear helps minimize

injuries.

When you work with a physical therapist, you can expect to learn the right movement techniques to minimize strain on your muscles and joints. Physical therapists can also help runners increase muscle strength and improve joint range of motion. This helps decrease stress on the runner's body and improves overall performance.

The Mechanics of Motion

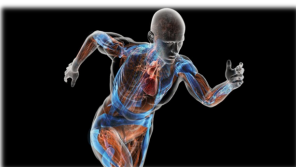
If you plan on stepping outside to walk or run, expect your physical therapist to teach you the right 'mechanics of motion'. With the proper walking and running technique, you can avoid injury and improve muscular endurance. Here are a few things to consider:

1. The right degree of flexion in your knees and elbows is important to reduce strain on your joints.
2. Posture is important. In fact, your entire technique is dependent upon your posture for efficiency and safety.
3. An appropriate range of motion helps minimize injuries and improve running technique.
4. Proper stride length is an important aspect of efficiency and injury prevention.
5. Proper rhythm, or cadence, will help you to minimize injury by eliminating unnecessary overuse of your muscles.
6. Coordination between your upper and lower body is an important aspect of running technique.



Each of these components plays a vital role in running technique. As you progress with each component, expect an improvement in your strength, efficiency, distance and possibly speed.

Injury Prevention with Physical Therapy



A physical therapist can identify muscle imbalances and improper joint alignments. The physical therapist will conduct a detailed evaluation, which includes an analysis of gait, foot alignment, upper body strength, hip alignment and spine alignment.

With an adjustment of running technique and correction of muscle imbalances, the therapist will get you on your feet so that you can walk (and possibly run) if your body allows it.

The best thing for you to do right now is to contact us and ask for an evaluation of your movement patterns before you start a walking or running program. We can help you plan ahead. We can also create a rehabilitation program if you are currently experiencing any discomfort while walking or running. Your body deserves the right kind of care, and we can help you. Let us help you prepare for your journey.

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Francine Noel-Ford, DPT
Back to Basics Family Physical
Therapy

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Patient Testimonial

My experience with Back to Basics and staff could not have been much better for my situation. I will try to send some patients your way when the opportunity presents itself. I will continue to sing your praises. Mary N.

Do you need physical therapy?

If you have any of the following conditions we can help!

Tendonitis/ Bursitis
Sprain/ Strain
Jaw, Neck, or Back Pain
Tension Headache
Pelvic Pain/ Incontinence
Lymphedema
Trigger Points

Pre/ Post Surgical Protocols

Most Insurances Accepted!

ANNOUNCEMENT:

Remember it is YOUR CHOICE where you go for Physical Therapy!

Please join us for our **Mother's Day Open House**, May 9th from 11:00am-4:00pm. Learn about our Physical Therapy and Wellness services or just come enjoy some treats! Refreshments.

complimentary manicures, pedicures, facials, and chair massage will be provided.

We are now offering Pre/ Post Natal, Osteoporosis, Pilates and Yoga Classes. Please call 540.985.0500 to register.

Become a fan of Back to Basics on facebook.

Refer a family member or a friend and receive a free 30 min. massage!

(Must be a previous patient)

Email: info@backtobasicspt.com

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