

Visit our booth
at the
Chicago Marathon Expo!

WHAT HURTS WHEN YOU RUN?

Stop by the Accelerated booth at the Chicago Marathon Expo for some pre-race info and fun!

Dr. Nicholas Romanov will be there to sign his new book, *The Running Revolution*, and give expert advice on proper running technique!

McCormick Place Convention Center
North Building, Hall B1
2301 S. Prairie Ave.
Chicago, IL 60616

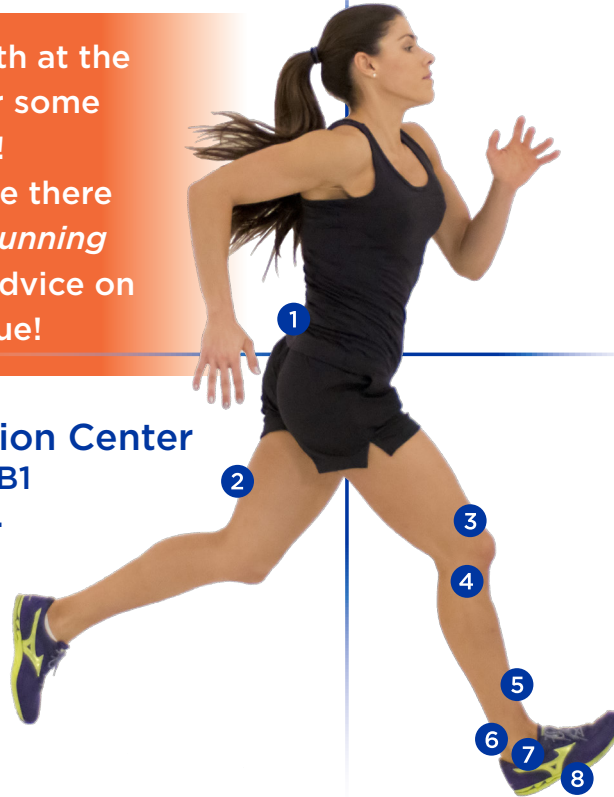
Friday

Saturday

Oct 10 & Oct 11

9 a.m. - 8 p.m.

9 a.m. - 6 p.m.



FROM LANDING

3 - RUNNER'S KNEE

-When you land ahead of the body, your sending unnecessary force through your leg. Generally, the weakest link is the knee. The added stress on the knee joint will lead to knee pain.

4 - IT BAND SYNDROME

-When you land ahead of the body, you're IT Band has the main responsibility for stabilizing the legs, until your GCM is over your feet, Tendon's are actually meant to do instantaneous work.

5 - SHIN SPLINTS

-A Heel Strike produces a shearing force along the tibia. The extremes of this are Strees Fractures and Compartment Syndrome.

6 - ACHILLES PAIN

-The Achilles is meant to do eccentric work, A tense landing causes this tendon to do concentric and eccentric work are done in quick succession.

7 - ANKLE SPRAIN

-Landing ahead of the body, out on your heel, can leave the ankle joint vulnerable to pronating and supinating to an extreme degree.

8 - PLANTAR FASCITIS

-Anything les than a natural landing pattern puts excess stress on the plantar fascia. Causes can be small shoes or a tense, active landing.