Maintaining Proper Running Form

Giuliana Sheldon

The Importance of Form:

✧ 19-83% of runners in the United States develop an injury from running (Kumar et al, 2014)
✧ Developing good form requires attention to hip strength and flexibility, posture, proprioception, and more (Gaudette, 2014)
✧ Older runners (45-65 years of age) run with greater hip extension, and experience greater incidence of hamstring injury than those under 35 (Silvernail et al, 2015)

What you can do:

✧ Add hip flexor and glute strengthening and flexibility exercises to your training routine (Gaudette, 2014)
✧ Striking the ground with the mid-foot, and using a short stride and high cadence (steps per minute) can reduce injury (Kumar et al, 2014)
✧ An active lifestyle, and the practice of running build joint mechanics that allow older adults to maintain good running and walking form as they age (Silvernail et al, 2015)


