

Lower Limb Injury Prevention

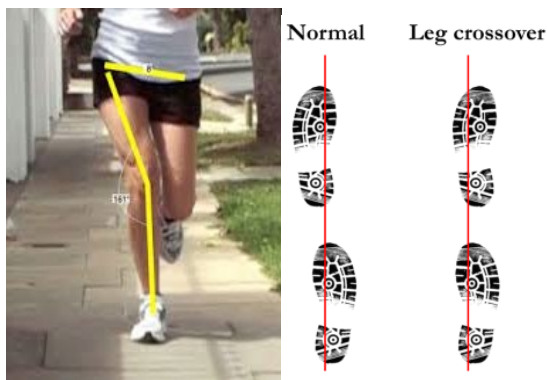
There are some simple ways that you can identify causes or risks of injury in your children.

A number of studies have shown if we change a few small aspects about someone's running/walking technique, they are less likely to be injured in running sports. This can be assessed in 2 ways:

1. cross-over gait
2. over-striding gait

'CROSS-OVER' GAIT:

When we walk and run, it is important that we **do not cross our legs over each other**. It is important and effective to run with your feet under your hips, but crossing over can lead to hip, knee and ankle problems. They suggest the concept of **running on a line or track**, but not allowing the foot/big toe to cross over the track.



OVER-STRIDING GAIT:

It is important to look out for whether you see your child over-striding. It has been found that if a person **reduces their stride rate by about 10%** they significantly reduce their chance of injury. If you are concerned of this, it would be advisable to speak to a health professional with a knowledge of running biomechanics.



At Hilton Chiropractic we are experienced sports chiropractors with a special interest in gait analysis & running mechanics.

If you have any questions or are interested in knowing more feel free to call us at Hilton Chiropractic on 93376033 and we will do our best to help you.

Regards, Dr Gareth