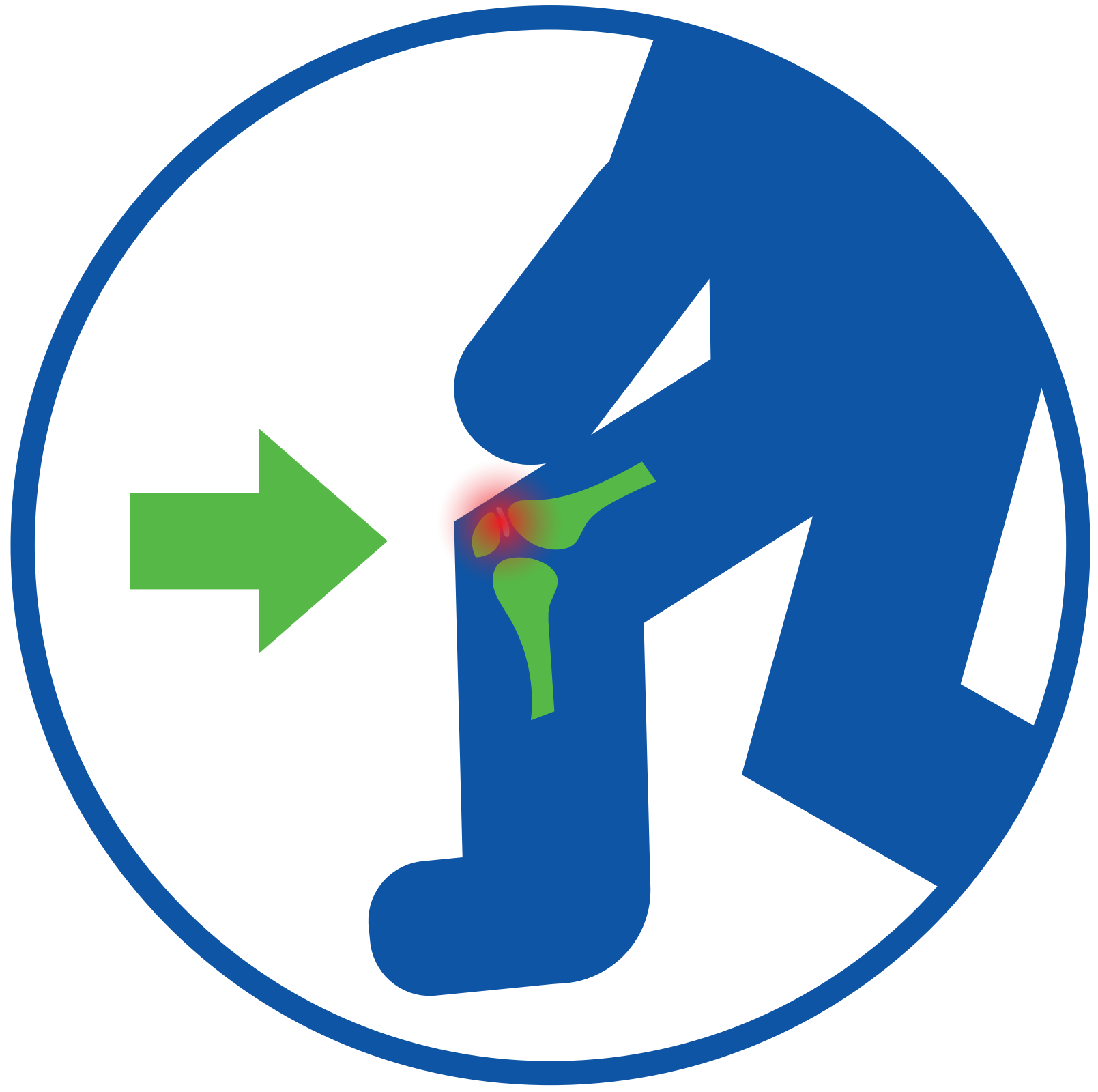


HOW TO PREVENT 7 COMMON RUNNING INJURIES

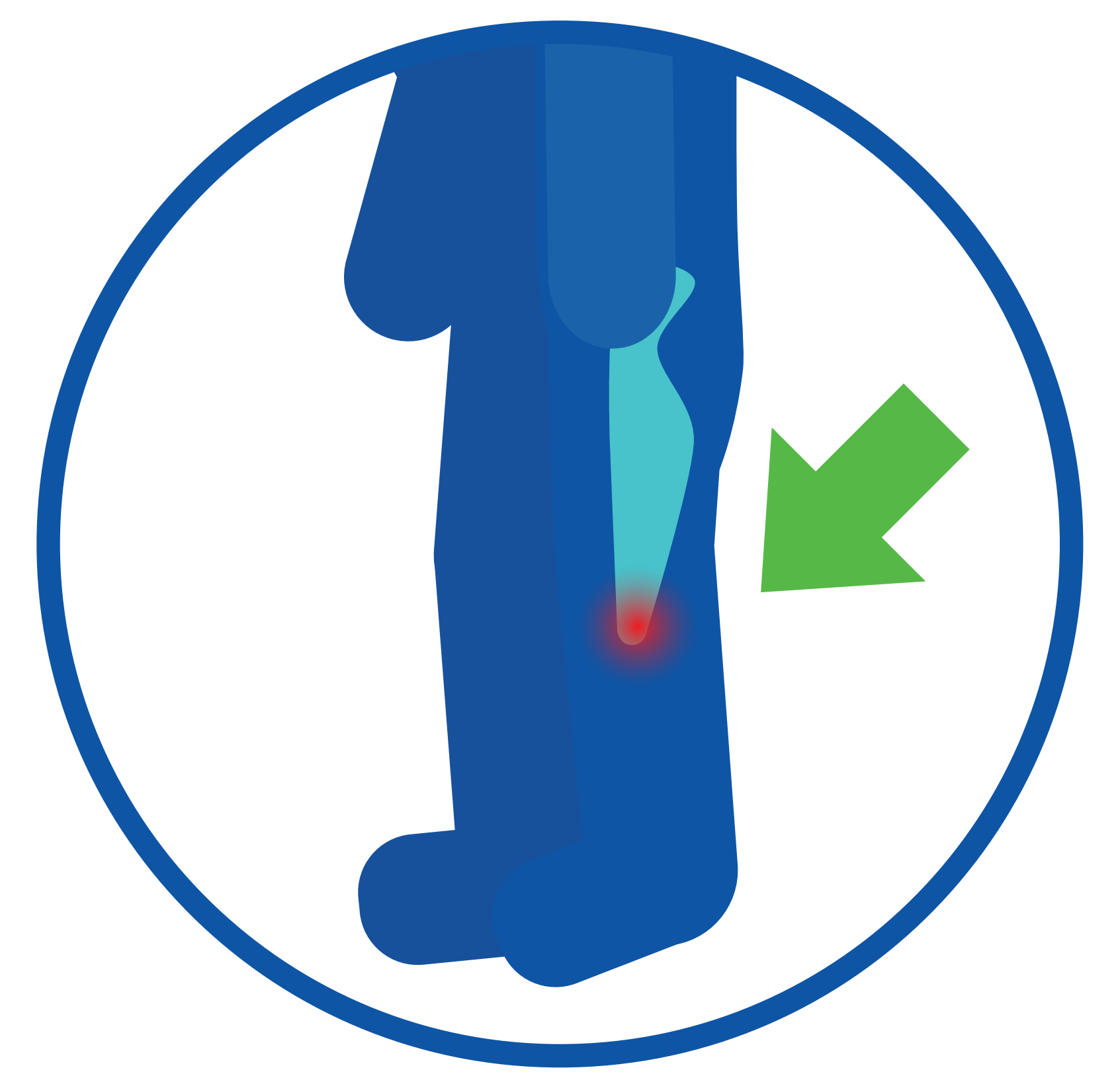


1 Runner's Knee

Do side-lying leg lifts to strengthen outer hip muscles and take pressure off the knee.

2 Iliotibial Band (ITB) Syndrome

Use a foam roller on the sides of your hips to break up fascia. Add side-lying hip raises to weekly workouts.



3 Shin Splints

Increase your run distance gradually to prevent this common issue for new runners. Flat feet may also be a factor, for which you can get help from a podiatrist.

4 Achilles Tendinitis

Do heel-lowering exercises to build calf strength. Raise heels to balance on the balls of your feet, then lower slowly while counting to six. Do three sets of 12-15 reps twice a day.

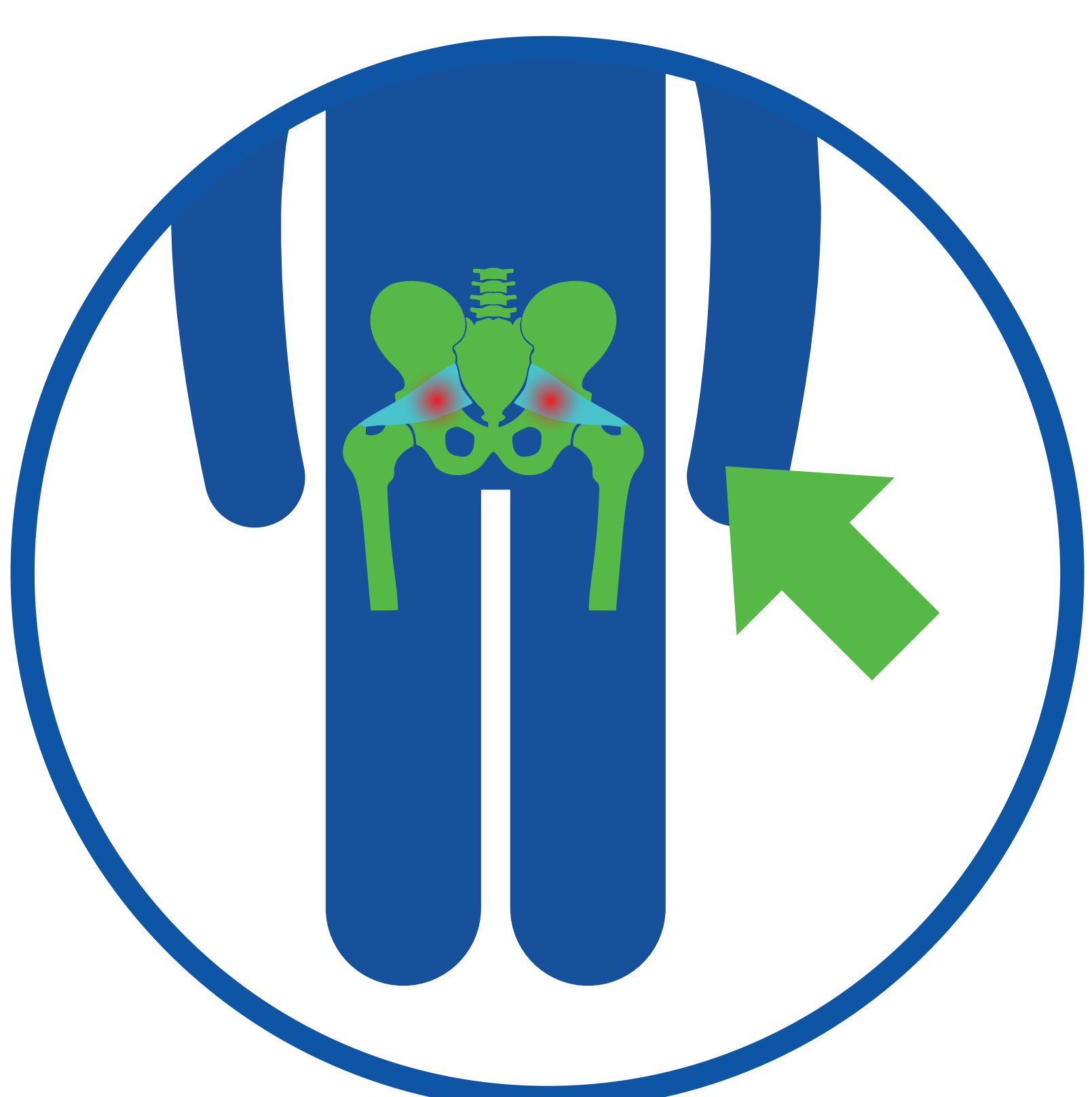
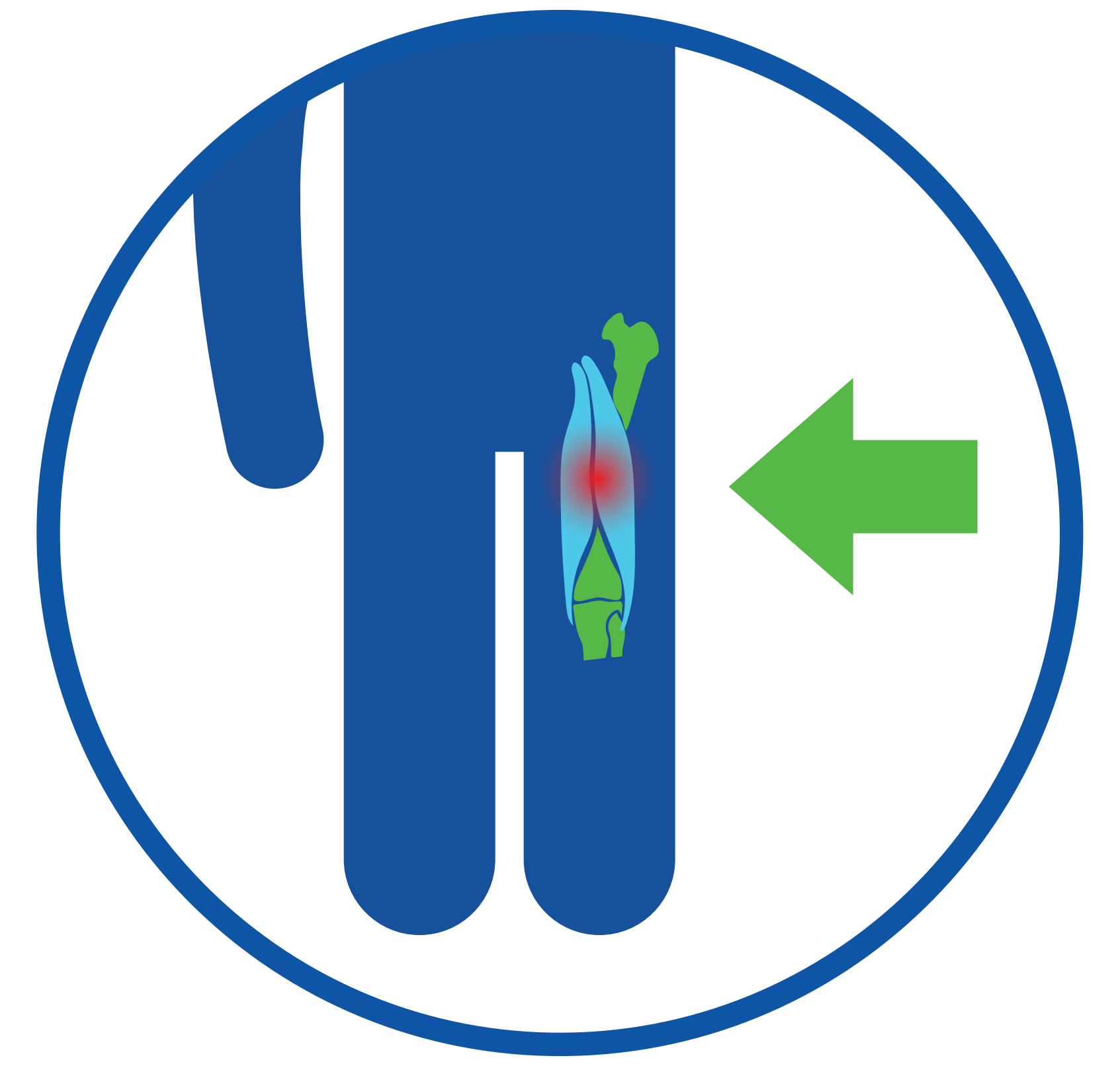


5 Plantar Fasciitis

Both low and high arches are prone to developing this. Avoid high heels and flat shoes or flip flops; opt instead for shoes with supportive arches.

6 Hamstring Strain

Strengthen your hips and core with exercises like side-lying leg lifts and plank leg lifts.



7 Piriformis Syndrome

Warm up the hips thoroughly with hip-opening stretches. Add exercises that strengthen hip abductors, such as side-lying leg lifts. Avoid running on uneven surfaces.

Source: [Health.com](https://www.health.com)