

Running Safety



Transitioning from Treadmill to Roads

EASE INTO IT

- Transitioning to a new surface can place additional demands on your tendons, ligaments and joints.
- Gradually increase number of road runs/week.
- Consider shorter distances on the road/path to start.
- Spend extra time warming up, stretching and rolling out.
- Always remember to hydrate.
- Apply ice to sore areas (shins and knees are most common) for approximately 15-20 minutes.

PREPARE TO RUN SLIGHTLY SLOWER, AND DON'T PUSH THE PACE

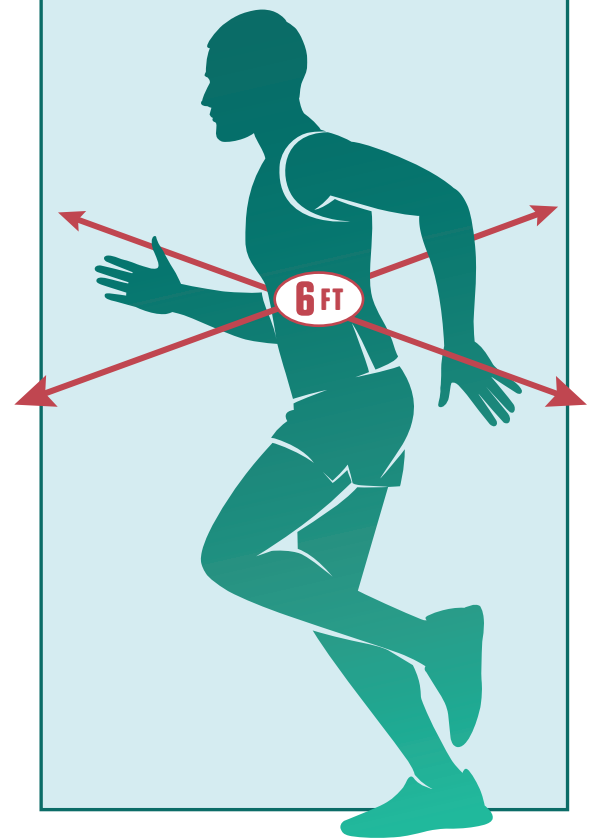
- Added wind resistance, elevation changes and uneven surfaces can make your pace slightly slower.
- Don't worry too much about pace to start. Instead, focus on good form, a consistent cadence and your overall performance.
- If soreness continues longer than 10 days or you have suffered an acute injury, seek help from a sports medicine professional.

REMEMBER TO STAY SAFE

- Run against traffic (on the left side of the road) and always assume drivers can't see you.
- Headphones are great on the treadmill, but it's more important to be aware of your surroundings while outside.
- Don't forget your sunscreen. Take special care to cover your face, ears and neck. Wearing a lightweight running hat can add additional protection.
- Have reflective material and flashing lights visible on both the front and back of your body when running in the morning and evening.

CONTINUE PRACTICING COVID-19 SAFETY

- Choose wider walkways/less busy streets, allowing you to give others plenty of room as you pass them.
- If running in a busy area, such as a rail trail or bike path, wear a thin running face covering to pull over your face as you pass others.



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