



December 22, 2008

Winter Running Tips

Although dealing with heat may present greater difficulties for the runner, winter weather comes with its own set of special problems, especially in the Southeast when there can be wide fluctuations in temperature over short periods of time.

Take Extra Time To Warm Up, & Warm Up Slowly

Your muscles will take longer to warm up in colder weather, especially if you run in the morning. Take at least five minutes to walk briskly before you start to run. It may take 10 to 15 minutes of running before you are completely warmed up and in your running tempo. Take a hot shower to pre-warm your muscles or put your clothes in the dryer on hot for a few minutes then head out for your run.

Dress for 15 to 20 Degrees Warmer

Over-dressing is easy to do in winter running. Dressing for 15 to 20 degrees warmer than it actually is will allow your body temperature to increase and reduce the risk of overheating and excessive sweat. However, if you'll be running in & out of trees, if it's windy, or if you'll be running before sunrise or after sundown, be sure to bring extra layers of light, loose clothing that insulate the skin with trapped air. An outer garment that is windproof, allows moisture to escape, and provides rain protection is useful. Lightweight nylon parkas may not offer thermal insulation but offer significant protection against severe wind chill, especially if a hood is provided. Wool and polyester fabrics retain some protective value when wet; cotton and goose down do not. Areas of the body that lose large amounts of heat (head, neck, legs, hands) should be covered.

What is Physical Therapy?



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Physical Therapy...

Relieves pain

Teaches you how to take control of your pain or problem through education, instruction, & self-care tools.

Creates strength

Promotes freedom of movement

Improves athletic and everyday activity performance

Makes you feel better by stimulating endorphin & serotonin release & enhancing self-confidence

Are You a Candidate?

Pain that lasts longer than 48 hours means that you need to seek medical care.

Seek Physical Therapy services immediately if you suffer from:

1. Muscle Pain
2. Arthritis
3. Dizziness / Balance Problems
4. Weakness / Fatigue
5. Stroke
6. Work or Auto Injury
7. Shoulder Pain
8. Knee Pain
9. Hip Pain
10. Foot / Ankle Pain
11. Back Pain
12. Sports Injury
13. Other Traumatic Injury

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