

— THE WAY WE SEE IT —

Get in shape to run... Don't run to get in shape...

The how we see it at ActiveEDGE, you have to earn the right to run with proper strength and mobility work. Too often we see patients and members enthusiastic about training for a running event, and are sidelined with injuries. We also, unfortunately, see many veteran runners who have persevered and been successful runners for many years frustrated and sidelined by a series of nagging and sometimes game stopping injuries.

If you fall within one of these categories, or you are wanting to embark on a running program, read on.

Running seems a natural and basic function right?

Unfortunately, many of runners have accumulated a pattern over the years of movement fraught with compensation. These patterns are based on mobility, stability and orthopedic constraints. Until you take the time to identify your **INDIVIDUAL movement** patterns and **CORRECT** those patterns, the nagging injuries will surface or resurface.

The good news is there is a simple and quick test we do called the ***Functional Movement Screen***, ([follow this link if you want to learn more.](#))

(link <http://www.functionalmovement.com/site/systemdefined>)

With this test we can identify your individual movement patterns and limitations and assign corrective strength training exercises. These exercises, because they are *specific to your body*, can ***offer a quick learning response*** and get you moving in a more stable and mobile movement pattern to support ANY activity: running, gardening, family soccer, and pick-up basketball. We provide this screen along with the corrective strength program to members free of charge and a very reasonable fee for nonmembers. Let us screen your movement, teach you the corrective exercises, then train here or elsewhere and have a body equipped to deal with any activity you have planned for this spring and summer.

Interested in some running tips, need coaching or training tips for running injury free or have questions on how to effectively and safely prepare for an event?

[Email Willee Broberg for coaching tips:](#)