

5<sup>th</sup> International Conference on

## PHYSIOTHERAPY

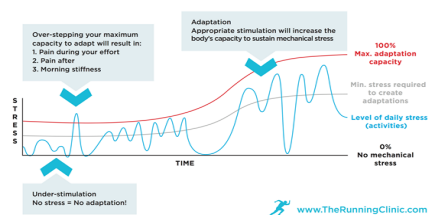
November 27-29, 2017 Dubai, UAE

## Running as a lower limb injuries prevention

Albert Carrere

The Corridor Clinic, Spain

Physical activity has been associated with danger, recommending that visit a doctor before starting any physical activity program. Is physical activity or is inactivity more harmful? Running is a popular sport, practiced today by millions of people and within reach of all, but this activity is related to a high number of injuries being 80% of the runners injured per year the current figures. Why humans being injured with something he has done throughout his evolution and for which it is designed? The market and the brands have tried unsuccessfully to provide a solution to this large number of injured runners. However, they have not been able to reduce the incidence of injuries and have not even managed to improve their performance, based their recommendations on marketing rather than on the science. The main cause of the injuries of runners is a wrong Mechanical Stress Quantification, to prevent overuse injuries you have to adapt the mechanical stress progressively. The body adapts, provided that the applied stress does not exceed its adaptability. Based on this postulate, a sustained running program, with the appropriate recommendations, scientifically supported and free from commercial misrepresentation, will provide the benefits to maintain and/or improve the musculoskeletal health of lower limb and prevent pathologies of the locomotor system.



## References

1. Esculier J F, Bouyer L J, Dubois B, Frémont P, Moore L and Roy JS (2016) Effects of rehabilitation approaches based on specific underlying mechanisms in runners with patellofemoral pain: A randomised clinical trial. *BMC Musculoskelet Disord*; 17: 5.
2. Williams (2013) Effects of Running and Walking on Osteoarthritis and Hip Replacement Risk. *Med Sci Sports Exerc*; 45(7): 1292-7.
3. Lieberman (2011) What We Can Learn About Running from Barefoot Running: An Evolutionary Medical Perspective. *Exerc Sport Sci Rev*; 40(2): 63-72.
4. Kodama (2009) Cardiorespiratory Fitness as a Quantitative Predictor of All-Cause Mortality and Cardiovascular Events in Healthy Men and Women: A Meta-analysis. *JAMA*; 301(19): 2024-35.

## Biography

Albert Carrere is an expert in the prevention and treatment of running injuries and has been trained specifically to acquire a great command of techniques to diagnose and treat runners. He currently runs his own clinic and take care of elite runners who competes internationally. He is co-responsible for La Clínica Del Corredor in Spain and provides training for health professionals in this field. He has also participated as a speaker at the XII SETRADE Congress of Orthopedic Trauma and Surgery as an expert in the choice of footwear as a tool in the prevention of running injuries.

albert@acfisioterapia.com

## Notes: