

Ultimate Guide to Pain Free + High Performance Running



FORWARD

PHYSICAL THERAPY + PERFORMANCE

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INTRODUCTION

Meet Dr. Vince and Dr. Anna

We are both runners and doctors of physical therapy. We love helping people overcome pain and performance issues related to running and movement.

As kids, we both played pretty much every sport, from speed skating to rock climbing. These experiences have allowed us to experience movement in a variety of communities and contexts.

We've worked with runners from a variety of backgrounds. We've helped elite level sprinters and ultra-endurance athletes. We've also helped people that run 5k or 26.2 for the first time.

No matter your age or training history, our goal is to help you get to the finish line by keeping you as healthy as possible.

Enough about us, let's get to work :)



Dr. Vince Education

- Bachelors of Health Science from University at Missouri
- Doctorate of Physical Therapy from University of Nebraska Medical Center

Dr. Vince Fun Facts

- Founder of Forward Physical Therapy + Performance
- Specializes in treating CrossFitters and field sport athletes
- Loves a good espresso + sparkling water



Dr. Anna Education

- Bachelors in Exercise Science from Nebraska Wesleyan University
- Doctorate of Physical Therapy from University of Nebraska Medical Center

Dr. Anna Fun Facts

- 4 Collegiate Track and Field National Championships, 6 All-American Awards
- Specializes in treating runners, rock climbers, and outdoor athletes
- Prefers ginger beer after long runs



Pain Free Training for Runners

Injury Prevention

There is a lot of research to show that strength training can help reduce the risk of running-related injuries.

You put 4–8x your bodyweight on one leg as you're running and if you don't work on developing adequate strength to handle those loads then you're going to run into a wall eventually with your training.

While we know that general exercises can help, there are specific exercises that have norms that you should be able to get to especially if you plan on finishing a 26.2 mile race.

Improved Performance

The ability to improve your running economy and efficiency will get better by introducing proper strength training.

The weights that you lift in the gym don't necessarily replicate the demands of running which is why we incorporate lots of coordination and elasticity drills.

Our warm-ups and plyometric training will help you transfer everything you train in the gym to movements that are more specific to your goals.

A Host Of General Benefits

If your muscles, tendons, and bones get stronger from training in the gym then you can handle more impact.

If your muscle and joints have the right mobility then you can distribute stress to a wider range of motion.

If you can optimize the elasticity of your tendons then you can buffer a lot of stress that would otherwise travel up your leg.

We will give you all the tools you need so that when your foot hits the ground, everything is working efficiently to move you to that next step.



Foot and Ankle Prehab

The why

Remember when I told you that you have to tolerate anywhere from 4-8x your bodyweight whenever your foot hits the ground while running?

The arches of the foot and the tendons of the ankle recycle almost 50% of the forces that come from the ground.

That means if you are NOT optimizing the function here then that's a lot of stress traveling up your knee and hip.

The exercises

[Level 1: Double leg calf raise](#)

[Level 2: Double leg elevated calf raise](#)

[Level 3: Single leg calf raise](#)

[Level 4: Single leg elevated calf raise](#)

[Link to exercise playlist here](#)

The checklist

- Complete 30 repetitions before moving to the next level.
- 1-second tempo coming up and 1-second tempo coming down.
- Stop when your knees begin to bend as you try to do your calf raises.
- Stop when you're unable to perform them without feeling your quads or glutes take care.
- Stop when you're only able to do them by leaning forward more.



Plyometric Optimization

The why

Your ability to utilize the forces from the ground and recycle them to move forward is a cornerstone for running efficiency.

Do you ever watch people run or jump and they look fluid and bouncy?

This is what plyometric and jump training will do for your running and athletic abilities if they are scaled well.

The key here is to figure out what is challenging for you to do, build tolerance there, and then progress it.

The exercises

[Level 1: Double leg pogo](#)

[Level 2: Single leg pogo](#)

[Level 3: Bound and stick](#)

[Level 4: Hop and stick](#)

[Link to exercise playlist here](#)

The checklist

- Double leg and single leg pogos should be built up for 45 seconds without feeling too much fatigue from your calves.
- Bound and hop to stick should be performed for 3 sets of 5 repetitions with competency before progressing.
- Try to bound and hop a stride length before progressing to the next tier.
- You want to develop EFFICIENT landing which means you see the ankle, knee, and hip bend.



Simple Strength Training for Runners

The why

This is not an exhaustive list but the bare minimum that you should be doing as a part of our strength training routine.

All of the exercises that we have utilized in this e-book focus on isolated strength training.

These four patterns are amazing for build lower body strength and stability.

The exercises

[Goblet Squat](#)
[Split Squat](#)
[Lateral Step Down](#)
[KB Deadlift](#)
[Single Leg Deadlift](#)

[Link to exercise playlist here](#)

The checklist

- Going for 3 sets of 8-10 repetitions is a good starting point.
- If you have more than 3 reps left in the tank after your 3rd set then add a little bit of weight.
- The goal for strength training isn't to lift as much weight as you physically can because you're trying to save energy for running. We are just strength training enough to challenge you and build resilience in your tissue so you can handle more running.



Conclusion

What if it's too easy?

This is just the beginning and we've got A LOT of levels that we can take this to if you are finding most of these exercises easy.

You might also need some coaching during a 1-on-1 treatment session to make sure that you're doing them correctly as well.

However, if it's too easy...we have a lot of tricks up our sleeve to continue to challenge you and make you feel like the strongest version of yourself.

What if it's too hard?

Did you find something that was unpleasant to do?

Does it match an old injury that always creeps up on you from time to time?

This is what we do for a living!

There is nothing off the table in the long run and if something is actually bothering you then that is a huge opportunity for us to help you address a weakness.

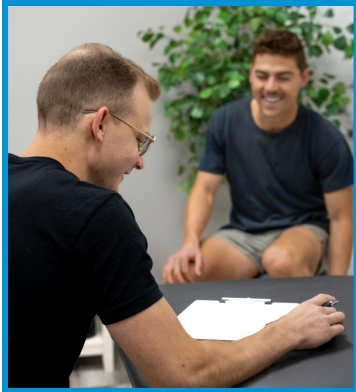
How we can help!

If you have a quick question, feel free to shoot on a DM on instagram and we will do our best to help!

If you have a more in-depth question, feel free to schedule a free call with us using the link on the next page!

We are open to helping you anyway that we can, so if you notice something can be better, please let us know :)

Learn more about what we do + work with us



Want to chat with us about how we help runners like you overcome pain and maximize their performance?

[Click here to schedule a free phone consultation.](#)

Want to see our website to learn more about our approach and success treating runners?

[Click here to check out our website.](#)

Want to see us breakdown concepts on human movement, rehab, and performance?

[Click here to check out our instagram.](#)

