Considerations for Healthy Running Habits: A Deeper Dive into the ACSM Infographic

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Supporting Literature:


Cromwell HP and Davis IS. Gait retraining to reduce lower extremity loading in runner. Clinical biomechanics 2011; 26 : 78-83.


Vanatta, Kernozek TW, Ghiedi N. Changes in gluteal muscle forces with alteration of footstrike pattern during running, Gait & Posture. 2017; 58:204-245.


Injury risk in runners


