function get_style47 () { return "none"; } function end47_ () { document.getElementById('pinwheel47').style.display = get_style47(); } **Press Release from the Scottish Chiropractic Association**

Running: Keeping that Spring in Your Step

An estimated four million Britons go running. It's free, it's liberating and it's growing in popularity. But studies* suggest that as many as 65% of runners suffer injury at some point. To reduce the risk of injury, the Scottish Chiropractic Association recommends that runners should:

- Warm up and stretch properly and regularly
- Ensure that you have the right shoes
- Keep hydrated
- Avoid over-training – most injuries occur from doing too much too soon
- Increase speed and distance very gradually
- Do not run every day
- Intersperse hard days with easy days
- Seek advice on your posture and running technique from a Scottish Chiropractic Association member
- Have regular spinal checks and seek spinal maintenance advice from an SCA member
- If you experience pain, stop running and seek advice.

President of the Scottish Chiropractic Association, Dr Ross McDonald says: "The onset of warmer weather and the clock-change mark the start of the running season. We are already seeing a significant increase in runners on our streets. It is common that many people do not do much in the way of exercise during the winter period then push themselves too hard when they do exercise and do not listen to their body's natural resistance. Often it is only after the event that the damage is revealed. A start-of-season check-up can help prevent these early season injuries".

Chiropractic care has been practised in Scotland for almost a hundred years. The Scottish Chiropractic Association celebrates its 30th anniversary in October.

For more information, please contact:
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Background:

Chiropractic is a primary health-care profession that specialises in the diagnosis, treatment and overall management of conditions that are due to problems with the joints, ligaments, tendons and nerves of the body, particularly those of the spine. Chiropractors focus on the relationship between the structure and function of the human body, primarily coordinated by the nervous system. Treatment consists of a wide range of techniques designed to improve the function of the nervous system, relieving pain and muscle spasm and improving overall health.

Scottish Chiropractic Association www.sca-chiropractic.org
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*Medicine and Science in Sports and Exercise, vol. 25(5), p. S81, 1993

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