



STRUCTURE
Question:
Why are 79% of runners Injured in a given Year?
Answer:
Lack of Structural Assessment To identify Baseline Weakness!
WE HAVE WEAK FEET!

Stance Assessment?
 4-point structural assessment of CM distribution!
 Answers the Question:
How do you carry your Load?

How Do You distribute Your Mass?

Good Stance?
 Balanced & Equally Distributed CM
 Centered Between 4 - Points of Equal Stability!

Sample Diagram of Good Stance:
 50% R 50% L with 60% Fore 40% Rear

GOOD STANCE

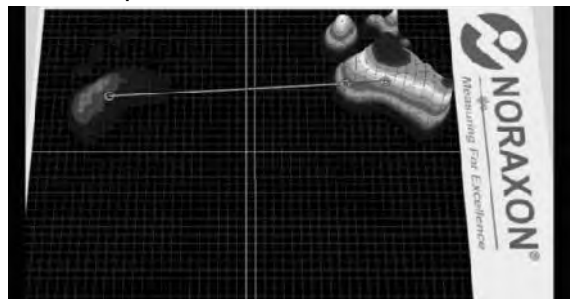
What is a POOR Stance?
 A Poor Stance is Out of Balance unequal distribution of Weight on the 4-points of Stability.
 CM is OFF Center!

Sample Diagram of Poor Stance:
 17% R 83% L 72/57% Fore 28/43% Rear

Poor Stance
 83% of CM is off to the Right. 53% right side load is to the forefoot.
 Benefits of Assessment are to Identify Baseline structural issues and prescribe corrective ancillary sessions.

PLEASE Watch the Video:
 Good Stance - Medium Stance - Bad Stance

How Do WE Strengthen Feet?
See 3- Video Pressure Examples
4-pt drill * Toe/Heel * Toe Drill



THE FOOT!

Focus on the Foot



Make the FOOT Part of Periodization Plan!

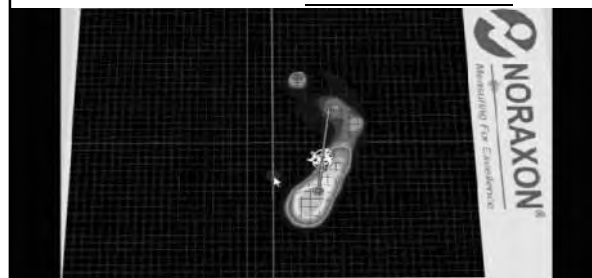
EXERCISES!

Strengthen Feet!
The Kinetic Chain Starts Here!



BALANCE!

How Good is your Balance?
We Run on ONE FOOT!

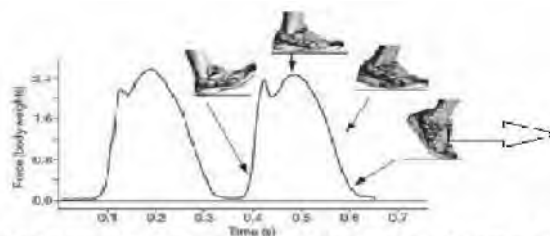


EXERCISES!

Proprioception, Balance & Foot Strength!



The Gait! Phases of Stance



Ground Force & Stance Phase

Ground Force! Pressure of Phases



Footwear! Training, Flats, Spikes

Female Distance Runners

	Running Shoes (A)	Racing Flats (B)	Spikes (C)
Peak Vertical Impact Force (BW)	2.47 (.57)	2.54 (.52)	2.77 (.45)
Peak Vertical Force (BW)	2.65 (.23)	2.97 (.29)	3.09 (.46)

Male Distance Runners

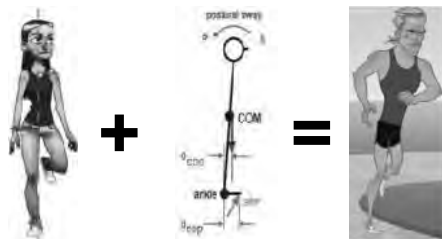
	Running Shoes (A)	Racing Flats (B)	Spikes (C)
Peak Vertical Impact Force (BW)	2.36 (.55) ^{BC}	2.95 (.67) ^A	3.06 (.48) ^A
Peak Vertical Force (BW)	3.15 (.24)	3.46 (.49)	3.44 (.44)

Ground Reaction Force between Running Shoe, Racing Flat, & Distance Spikes in Runners.
 J Sports Sci Med. 2010 March; 9(1): 147-153. Published online 2010 March 1. PMID: 21063379 //
 Suzanna Logan,* Ian Hunter, Ed,* J. T. J. Ty Hopkins,* J. Brent Folland,* and Allen C. Fongel

Allow Time For Adaptation to Flats, Spikes!

DEMO PLAY!

Come up & Check your Balance!



Never Too Late to Improve Stance & Balance!

Purchase Platform

Great for

**Structure
 Assessments**



& Concussion



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