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- *If there was one pill that would reduce your risk of heart disease, stroke, diabetes, high blood pressure, colon cancer, lower high blood pressure, keep muscles, bones and joints healthy, reduce anxiety and depression, improve mood and coping with stress, help with weight control/loss, protect against falling and bone fractures, control joint swelling and pain from arthritis, improve energy, sleep quality and help you look better it would be a best seller. Being physically active can do all this for you. Congratulations on making a positive choice and taking control of your health.*
- ***Overtraining, amenorrhea (low estrogen), and inadequate calcium and vitamin D due to dieting/weight loss – risks to bone health and developing osteoporosis and stress fractures***
- ***Running while pregnant: increased support for breasts, belly support, caution with stretching, avoid extreme heat, monitor heart rate, submaximal speed and mileage, moderation, relaxed attitude, good nutrition, cross train with walking, swimming, cycling***
- ***Building Bone: weight bearing high impact exercise good for bone health***
- ***Excessive running and bone loss: decreased BMI, inadequate nutrition, hormone changes***
- ***Menopause: benefits to hip but not spine due to hormonal factors***
- ***Older Adults: never too late, good for bone, balance, strength, cardiovascular***
- ***Core Strengthening: important to prevent muscle imbalances, protect hips, knees, back, and neck, reduces stress incontinence, improves overall performance***



**Useful Websites:**

**Running for Women:** <http://www.running4women.com> (common injuries, pregnancy)

**Running injuries:** <http://orthopedics.about.com/cs/sportsmedicine/a/runninginjury.htm>

**Menopause and running:** <http://www.pponline.co.uk/encyc/0884.htm>

**Women, Osteoporosis and Running:** <http://www.pponline.co.uk/encyc/1035.htm>

**Women and Running:** <http://www.copacabanarunners.net/iwomen.html> (pregnancy, overtraining, amenorrhea, safety tips, benefits for women runners)

**Osteoporosis Canada:** <http://www.osteoporosis.ca>

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**One Legged Squats:** One of the best exercises for runners, whether recovering from an injury or trying to prevent one, is the **one leg squat**. Benefits include:

- Strengthens hip stabilizers and quads
- Improves balance
- Enhances pelvic and core stability
- Reveals areas of weakness or instability



1. Balance on one leg. Bend the knee of your free leg so that the toes are pointing down, behind you.
2. Keep the arms loosely out to the side to assist in balance. Don't hold on to anything for support.
3. Keep good upright posture, pull your tummy in, shoulders down and relaxed.
4. Bend at the knee, and lower yourself slowly keeping good alignment.
5. Keep your tummy pulled in and buttock tight. Keep your knee in line with your foot. Slowly come back up again straightening the leg.
6. Only go as far as you can keeping good alignment and with no discomfort.
7. Keep your balance, and observe if you have more difficulty with one leg.
8. Watch yourself in a mirror. Concentrate on keeping the pelvis in a stable plane. Look for an abnormal side-to-side tilt, or ant/post tilt of the pelvis or wobbling of the knee.
9. Start with one set of 5 and work up to 3 sets of 20 for each leg.
10. As you get better at this, add some weight using hand held weights.