



Running Biomechanics Study

Are you at risk for sustaining a running injury?

We are screening distance runners to identify those who might be at risk for sustaining lower extremity running injuries, such as stress fracture, due to high loading rates.

As a participant you will be given information about your leg shock and the possible implications for future injury.

Inclusion Criteria:

1. Ages 18-45
2. Running a minimum of 10 miles per week
3. Currently injury-free

Requirements: An analysis of your leg shock during running will occur in the Motion Analysis Laboratory at the University of Delaware in Newark. It will last approximately 30 minutes.

If you are interested, please contact Philip Crowell at 302-831-4646 or email: pcrowell@udel.edu