
Learning Objectives

MedBridge Education

Running: More than Just a Fast Walk

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Chapter 1: Running Functional Understanding

The online learners will

- Explain how when the big toe effectively loads, it assists dramatically in our overall propulsion and our ability to move effectively over the ground
- Identify how all of our muscles including the peroneus longus get proprioceptively stimulated and begin to decelerate in all three planes of motion
- Explain how with effective ankle dorsiflexion and the initiation of heel raise, the hallux is then dorsiflexed against a stable first ray and loading of the big toe quickly gets transformed into loading and unloading and effective propulsion.

Chapter 2: Running Functional Analysis

The online learners will

- Identify how the power of the butt is proportional to how effectively it “gets turned on.”
- Explain how effectively loading in all three planes of the limbs, with proper loading in the big toe and the butt, in combination with effective loading of the trunk in all three planes of motion, turns the abdominals on in all three planes
- Identify ways in achieving the goal, which is to get our clients and patients enjoying running for a lifetime.

Chapter 3: Running Analysis Debrief

The online learners will

- Explain if the training allows the trainee to be more efficient and effective in what they desire to do, in this case running
- Understand the transformation between the pelvis and the shoulders and look at the relative motion in all three planes of the pelvis and the shoulders
- Explain how in golf, the pelvis and shoulders load in the same direction, in the transverse plane, and in running they load in opposite directions

Chapter 4: Running Functional Training

The online learners will

- “Train the body to transform”
- Discuss biomechanically unloading “up the chain” and unloading “down the chain”

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- Make training, conditioning and rehabilitation functional for running key if we want to enjoy running