Running Biomechanics and Injuries

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Presentation Learning Objectives
At the end of this presentation, attendees will be able to

1. Identify the three major contributors to running injuries (dosage, mechanics, structure).
2. Identify the key kinematic and kinetic features during the running gait cycle.
3. Identify the common mistakes (gait anomalies) in runners, and suggest ways to correct them.

Naoko is the associate professor in Department of Exercise and Sport Science at University of Wisconsin-La Crosse. Prior to joining UWL in 2012, she was a visiting assistant professor at University of Toledo for 2 years. She obtained her bachelor's degree in Athletic Training at Central Michigan University, and master's degree in Athletic Training and Ph.D. in Exercise Science at University of Toledo. Her primary teaching areas are athletic training research courses, biomechanics, and clinical pathology. Naoko's primary research interests are patellofemoral pain syndrome and running biomechanics. She has published and presented in various athletic training and biomechanics journals and conferences. On her spare time, Naoko enjoys running, cross country skiing, canoeing, and doing any other outdoor activities, exploring local breweries, and spending time with her family.