

**Mayo Clinic Medical Edge**  
**Walking & Running Right**

1:00

**Log**

**Audio**

---

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
<b>Elizabeth Zimmermann, runner</b>	"I'VE BEEN RUNNING OFF AND ON FOR 18 YEARS."
	SO WHEN ELIZABETH ZIMMERMAN STARTED TRAINING FOR AN UPCOMING MARATHON, IT WAS NO BIG DEAL. THEN...
<b>Elizabeth Zimmerman</b>	"I STARTED GETTING TENDONITIS IN MY ANKLE, THEN MY OTHER ANKLE, AND THEN MY HIP."
	THE TYPES OF ACHES AND PAINS MANY FOLKS GET RUNNING OR EVEN WALKING. ELIZABETH CHECKED INTO THE RUNNER'S CLINIC, PART OF THE SPORTS MEDICINE PROGRAM AT MAYO

	<p>CLINIC. PHYSICAL THERAPIST ED SCHWEN SAYS RUNNING OR WALKING SAFELY IS ALL ABOUT STRENGTH, BALANCE AND FLEXIBILITY.</p>
<p><b>Ed Schwen, PT</b></p>	<p>“IF CERTAIN MUSCLES ARE TIGHTER OR WEAKER THAN OTHERS, THEN THAT IMBALANCE OR ASYMMETRY IS GOING TO BE CUMULATIVE.”</p>
	<p>ED RECOMMENDED SPECIFIC STRETCHES AND EXERCISES TO INCREASE HER CORE STRENGTH AND BALANCE. ED ALSO FOUND THAT ELIZABETH’S RIGHT LEG IS SHORTER THAN HER LEFT. TO CORRECT THAT SHE PUTS A HEEL LIFT IN HER SHOES. NOW SHE’S ON THE ROAD TO RUNNING SAFELY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN</p>

	WILLIAMS.