

Name:

Date:

After watching "The Issue with Heel Striking" please fill out this worksheet with the appropriate notes from the video.

1. When heel striking, what absorbs the impact? **The joints**
2. When heel striking the leg is in full extension and the joints are _____ **locked**
3. **Muscles and tendons** _____ cannot absorb impact because the leg is in front of the body.
4. **Heel striking** _____ is the least desirable landing option.
5. For the forefoot strike initial contact is on the _____ **outside** of the foot, weight will then shift towards the **ball** _____ of the foot.
6. The heel will tap the ground for _____ **balance** and **stability** _____.
7. The joints are unlocked when landing and muscles can absorb impact which can be up to **3** times your bodyweight.
8. Trunk Position Injuries
 - a. Bending at the waist to counterbalance _____ **overstriding**

Foot Pull Injuries

- a. Only associated with _____ **muscle strains**

Landing Injuries

What are the five Landing Phase injuries

Runner's Knee

Shin Splints

Ankle Sprain

Plantar Fasciitis

Achille tendonitis

ITB Syndrome