Download How To Avoid Running Injuries

How to Prevent Common Running Injuries. Proper form, strength training, and the right shoes can prevent injury.Injury doing any form of exercise is a possibility but with the right form, consistent training and the right equipment can help prevent common running injuries, says Nandini Reddy.Ten Tips to Prevent Running Injuries 1. Improve and maintain your flexibility. Daily stretching is essential to improve and maintain flexibility, which in turn will help improve performance and prevent injuries.Make no bones (or muscles or tendons) about it: Start running, and there's a good chance injury may follow. Some estimate that nearly 80 percent of runners are injured each year., How To Avoid Running Injuries.

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