

PREVENTING INJURY IN YOUNG RUNNERS

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PART 1 - Running is one of the safest sports for children. But it takes more than statistics that say running is safe to keep kids from getting injured. In the author's day, emphasis was on rehabilitating runners post injury. Today, it is on activities and precautions that will keep runners healthy, what we call pre-habilitation, to PREHAB runners to reduce the risk of injury.

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