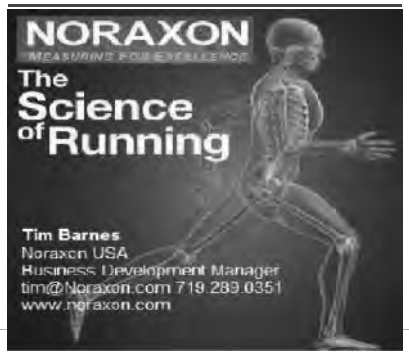
Noraxon USA



STRUCTURE

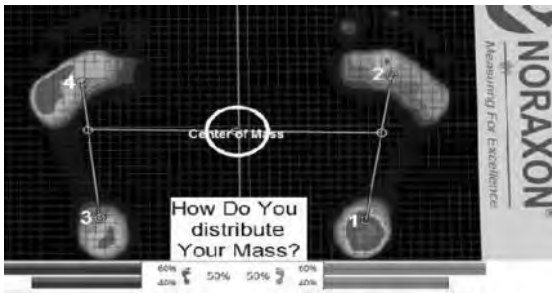
Question:
Why are 79% of runners Injured in a given Year?
Answer:
Lack of Structural Assessment To identify Baseline Weakness!

WE HAVE WEAK FEET!

Stance Assessment?

4-point structural assessment of CM distribution!
Answers the Question:

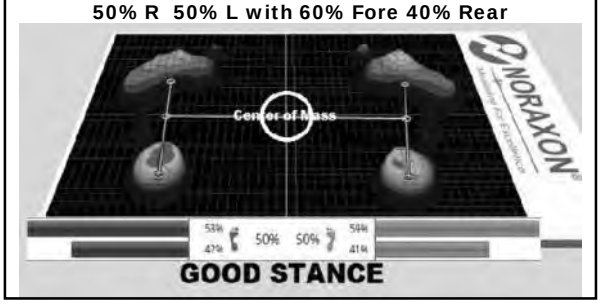
How do you carry your Load?



Good Stance?

Balanced & Equally Distributed CM
Centered Between 4 - Points of Equal Stability!

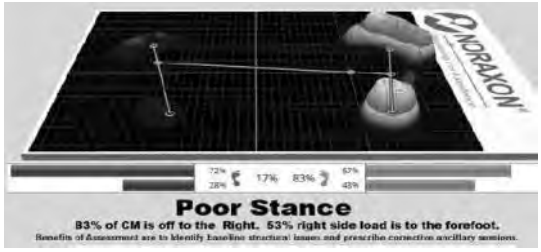
Sample Diagram of Good Stance:
50% R 50% L with 60% Fore 40% Rear



What is a POOR Stance?

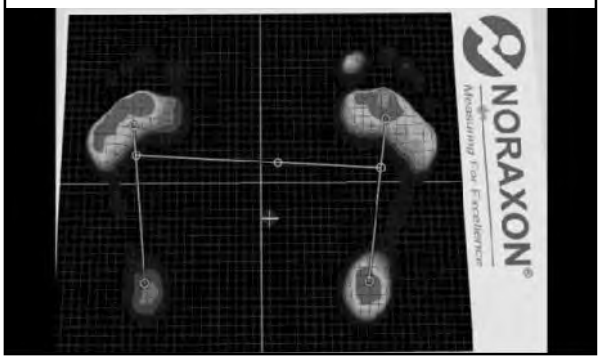
A Poor Stance is Out of Balance unequal distribution of Weight on the 4-points of Stability.
CM is OFF Center!

Sample Diagram of Poor Stance:
17% R 83% L 72/57% Fore 28/43% Rear



PLEASE Watch the Video:

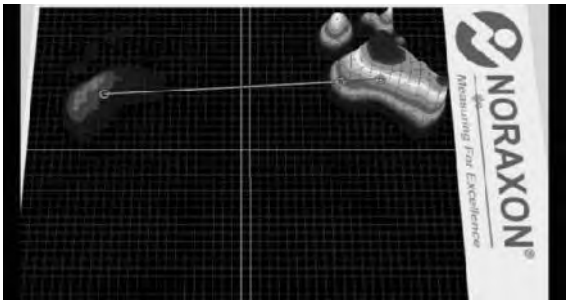
Good Stance - Medium Stance - Bad Stance



How Do WE Strengthen Feet?

See 3- Video Pressure Examples

4-pt drill * Toe/Heel * Toe Drill



THE FOOT!

Focus on the Foot

Make the FOOT Part of Periodization Plan!

EXERCISES!

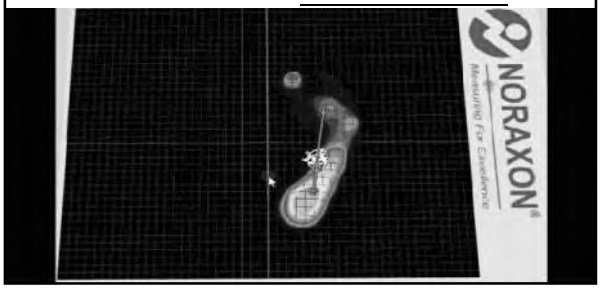
Strengthen Feet!

The Kinetic Chain Starts Here!

BALANCE!

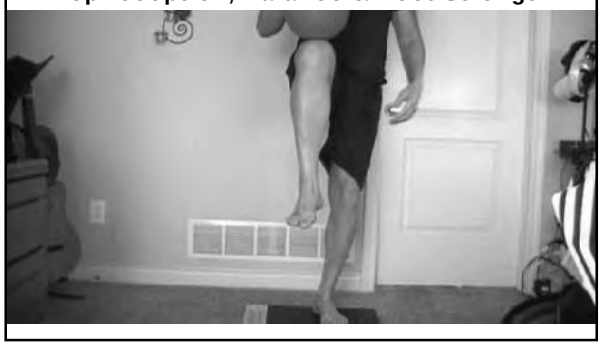
How Good is your Balance?

We Run on *ONE FOOT!*



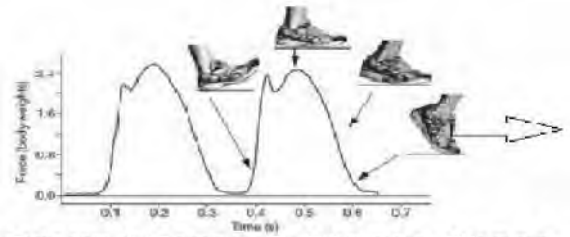
EXERCISES!

Proprioception, Balance & Foot Strength!



The Gait!

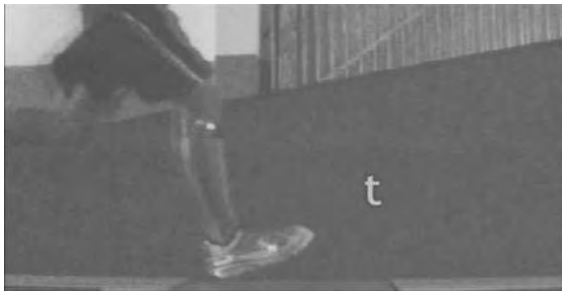
Phases of Stance



Ground Force & Stance Phase

Ground Force!

Pressure of Phases



Footwear!

Training, Flats, Spikes

Female Distance Runners

	Running Shoes (A)	Racing Flats (B)	Spikes (C)
Peak Vertical Impact Force (BW)	2.47 (.53)	2.64 (.53)	2.77 (.45)
Peak Vertical Force (BW)	2.95 (.23)	2.97 (.29)	3.09 (.46)

Male Distance Runners

	Running Shoes (A)	Racing Flats (B)	Spikes (C)
Peak Vertical Impact Force (BW)	2.36 (.55) [BC]	2.95 (.67) [A]	3.06 (.48) [A]
Peak Vertical Force (BW)	3.16 (.24)	3.46 (.49)	3.42 (.44)

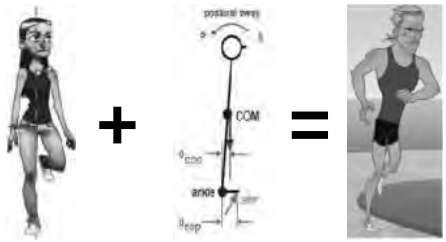
Ground Reaction Force between Running Shoe, Racing Flat, & Distance Spikes in Runners.

J Sports Sci Med. 2010 March; 9(1): 147–153.Published online 2010 March 1.PMCID: PMC3737977
Suzanna Logan,* Ian Hunter,✉* J.T. J. Ty Hopkins,* J. Brent Feland,* and Allen C. Parcell

Allow Time For Adaptation to Flats, Spikes!

DEMO PLAY!

Come up & Check your Balance!



Never Too Late to Improve Stance & Balance!

Purchase Platform

Great for

Structure Assessments

& Concussion

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