

Walking Injury Prevention

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Walking is something we do every day, all day. What most people do not realize is that sometimes they start altering their walking or gait without realizing it.

Pain in your foot, knee, hip, back or neck may cause changes in your gait. Physical therapists are trained to analyze gait. The physical therapists at **WPTI** can get you back to walking painfree. Here are some tips to help prevent injury:

First, make sure that you are spending the same amount of time stepping on each leg. There may be a tendency to hurry off on one side or the other, but try to keep an even, balanced pace.

Second, make sure that you take the same size step with each leg. Again, there may be a tendency to shorten a step, but try to keep them even.

Third, make sure you hit with your heel and move over your foot to roll off your big toe. This will help to engage the proper muscles of the legs and keep steps and length of time on each leg even.

Lastly, when practicing, start out slowly and then progress to your normal walking speed.

Watching these few things while walking will help prevent injuries and keep you moving!