



## **Work Up the Distance Gradually to Prevent Cross Country Injuries**

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As we enter fall, hundreds of thousands of runners will start their cross country seasons for their high school teams. In the 2012-2013 school year, cross country was the fourth most popular boys' sport and sixth most popular girls' sport, and has continued to grow in popularity. With so many young athletes training, we must take steps to keep cross country runners healthy.

A study in the *Journal of Orthopaedic & Sports Physical Therapy* examined the summer training of cross country athletes and how it affected their risk of injury when the season started. The researchers studied 421 runners for one cross country season. Each runner completed a questionnaire about their summer training. The