

ChiRunning: The Best Path from Rehab to Performance



Presented by Danny Dreyer - ChiRunning Founder

The Two Main Causes of Running and Walking Injuries

- **Impact**

- Affects the bones and joints
- Caused by poor biomechanics
- Hitting the ground too hard during the strike phase of the stride

- **Overuse**

- Affects the muscles and soft tissue
- Caused by poor biomechanics
- Using muscles incorrectly
- Upgrading too fast
- Demanding more from a muscle than it is currently capable of providing

Two-step approach to Injuries Caused by Poor Biomechanics

Step 1:

- Treat the immediate injury

Step 2:

- If the cause of the injury is biomechanical in nature, design a rehab regimen that addresses the cause(s) of the injury.

Prevent *recurrence* of injuries
by correcting the *cause* at its source

ChiRunning: Based on 5 Basic Principles from T'ai Chi

The key ingredients for
energy efficiency and *injury prevention*

- #1: Body Sense what's going on
- #2: Align and Relax your body
- #3: Cooperate with Forces
- #4: Move from Your Center
- #5: Create Balance in Movement



Delete the CAUSES of most injuries directly

#1: Body Sensing

Learn to “listen” to what your body is telling you.

2 Main Areas of Focus:

Energy Efficiency

- Where do you hold tension?
- Where are you sore afterwards?
- Where do you feel effort?

Move with less effort by sensing fatigue or ease of motion

Injury Prevention

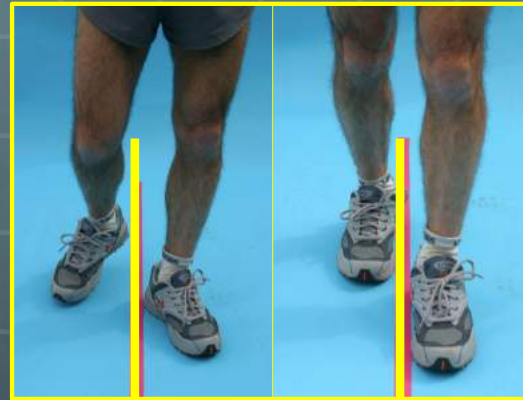
- Where do you feel impact?
- Where do you over-exert?
- Where do you feel discomfort?

Move safely for a lifetime by sensing discomfort or pain



#2: Alignment & Relaxation

Directional Alignment
For Higher Efficiency



Gravitational Alignment
For Greater Stability



Relax the Moving Parts
For Better Performance



#3: Cooperate with Forces

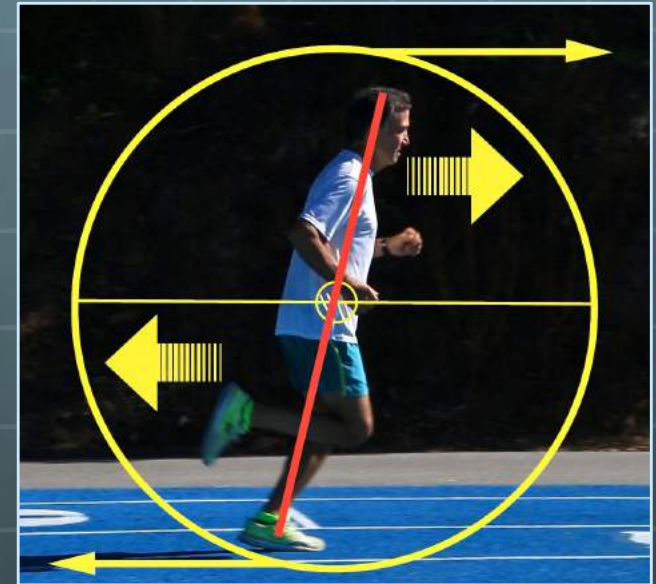
2 Forces to move *with*:

Pull of Gravity

- Fall into the pull of gravity
- Not too much... not too little
- Reduces overuse injuries

Force of the Oncoming Road

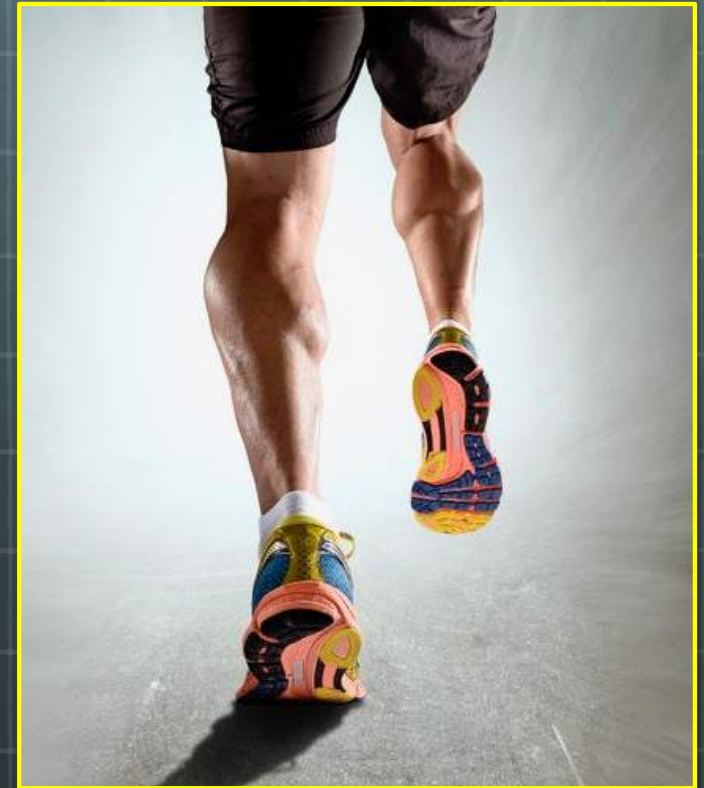
- Legs must be bent, relaxed, and swinging rearward on impact
- Circular motion of the feet
- Reduces impact injuries



#4: Move from Your Center

Proportional Workloads for all Muscle Groups

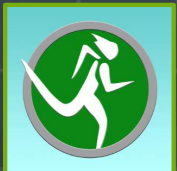
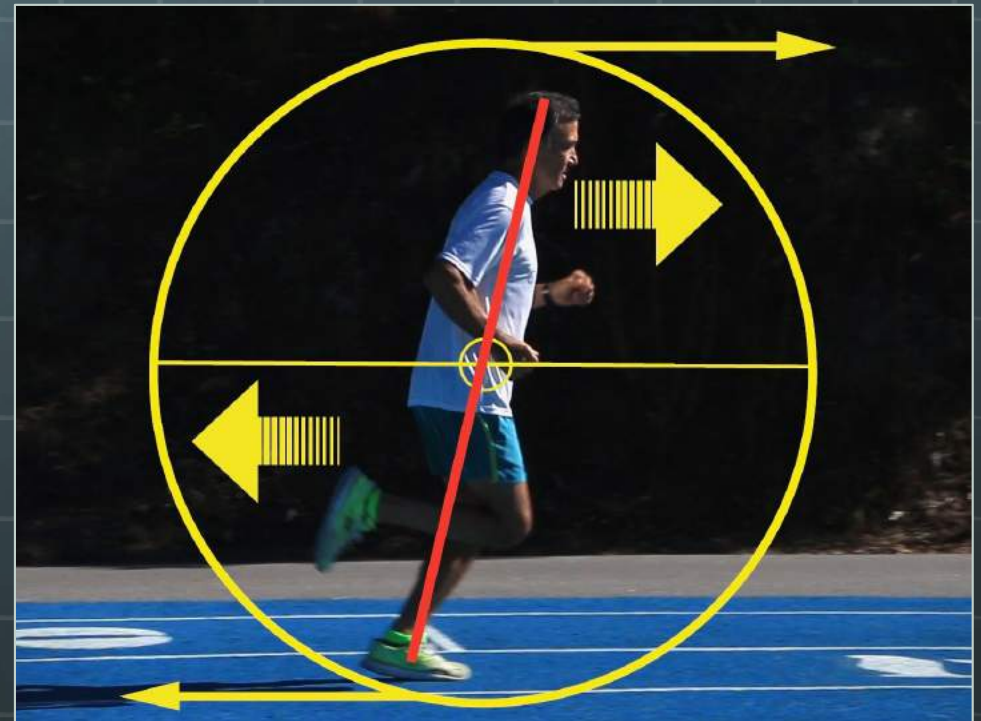
- *Larger* muscles to do the heavy work
- *Smaller* muscles should do less work
- Prevents overuse injuries



#5: Create Balance in Movement

Ease of motion through **BALANCE**

- Upper Body/Lower Body
- Forward/Rearward
- Side-to-Side



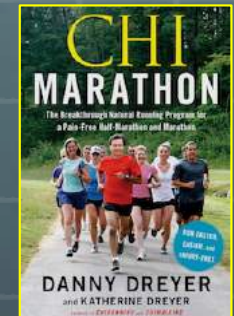
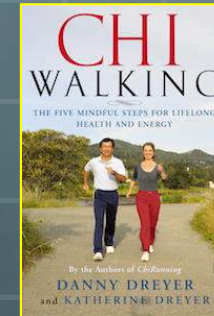
Structure of the ChiRunning/ChiWalking Progression

- **Level 1:** Basic Technique
- **Level 2:** Conditioning
- **Level 3:** Performance or Specific Application
- **Level 4:** Instructor Training – Passing the knowledge on to others



ChiRunning/ChiWalking Training Products

- Books and Apps



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