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Treadmill vs Elliptical Training: How Running Shoes Cause Injury

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Elliptical machines are the most popular cardio- machines in the gym and are preferred over treadmills because of their low-impact nature, even according to the Mayo Clinic:

<http://www.mayoclinic.com/health/elliptical-machines/AN01620>

But new research is showing how the pain many runners experience may be due to their running shoes. 2 scientists from the Skeletal Biology Lab at Harvard:

<http://www.barefootrunning.fas.harvard.edu/>

Published a study in 2010 showing how running shoes may be causing injuries, NOT preventing them:

<http://www.ncbi.nlm.nih.gov/pubmed?term=Foot%20strike%20patterns%20and%20collision%20forces%20in%20habitually>

Testing those running more than 12 miles per week (20 km):

- The cushioned sole of running shoes caused runners to land more on the heel of their foot, putting stress to their feet, knees, and low back equal to 3 times their bodyweight!
- Those who ran barefoot landed on the front of their foot and had 3 times LESS trauma to their joints at foot impact and had HALF the trauma to their joints overall.
- This explains why the "advances" in running shoe technology have not changed the number of running injuries since the 1970's!

<http://www.ncbi.nlm.nih.gov/pubmed?term=is%20your%20prescription%20of%20distance%20running%20evidence%20based>

So before you eschew the treadmill for the elliptical machine, try running more on the front of your foot and see if this helps your back, knee, and foot pain.

Hope this helps. Best of luck.

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