

rozkládá sílu v bederní části rovnoměrněji mezi ploténky a klouby a zároveň se gelová složka ploténky posunuje dopředu (obr. 6.67).

Udržování mírného prohnutí při běhu účinně rozkládá tlak mezi klouby v ploténkách a umožňuje svalům dolní části zad pracovat efektivněji (obr. 6.68).

Stejně jako u všech běžeckých zranění nejlepším způsobem, jak zvládnout bolest zad, je identifikovat a napravit všechny potenciální zdroje zranění. Jak již bylo v této knize zdůrazněno, roční míra opakovaných zranění u běžců by neměla být 70 %. Rychlou a účinnou léčbou běžeckých zranění pomocí osvědčených léčebných postupů můžete možnost opětovného zranění výrazně snížit. Pamatujte, že rekreační běhání už dnes není pro tělo o nic více zatěžující než rychlá chůze, a tak při troše snahy neexistuje důvod, proč byste nemohli pokračovat v běhání až do 80 a 90 let.

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