Accepted Manuscript

Title: Changes in gluteal muscle forces with alteration of footstrike pattern during running

Authors: Charles Nathan Vannatta, Thomas W. Kernozek, Naghmeh Gheidi

PII: S0966-6362(17)30840-8

DOI: http://dx.doi.org/doi:10.1016/j.gaitpost.2017.08.005

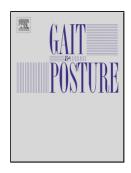
Reference: GAIPOS 5753

To appear in: Gait & Posture

Received date: 15-3-2017 Revised date: 3-8-2017 Accepted date: 6-8-2017

Please cite this article as: Vannatta Charles Nathan, Kernozek Thomas W, Gheidi Naghmeh. Changes in gluteal muscle forces with alteration of footstrike pattern during running. *Gait and Posture* http://dx.doi.org/10.1016/j.gaitpost.2017.08.005

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.



ACCEPTED MANUSCRIPT

Changes in gluteal muscle forces with alteration of footstrike pattern during running

Authors:

Charles Nathan Vannatta^a, Thomas W. Kernozek^b, Naghmeh Gheidi^c

^aDepartment of Sports Physical Therapy, Gundersen Health Systems, 3111 Gundersen Drive, Onalaska, WI 54650, United States, cnvannat@gundersenhealth.org

^bHealth Professions, University of Wisconsin – La Crosse, 1300 Badger Street, La Crosse, WI 54651, United States, tkernozek@uwlax.edu

^cExercise and Sport Science, University of Wisconsin – La Crosse, 1900 Pine Street, La Crosse, WI 54651, United States, ngheidi@uwlax.edu

Corresponding Author: Charles Nathan Vannatta, cnvannat@gundersenhealth.org

Highlights

- Changing to a forefoot strike alters gluteal muscle forces and hip kinematics
- Gluteus medius/minimus forces were reduced while gluteus maximus forces increased
- Peak hip internal rotation and adduction angles were reduced
- A FFS running pattern may have positive benefits for certain RRIs

Download English Version:

https://daneshyari.com/en/article/5707623

Download Persian Version:

https://daneshyari.com/article/5707623

<u>Daneshyari.com</u>