

POOL RUNNING

Alternative exercises such as pool running can be very helpful for athletes who have plantar fasciitis as a result of running. These alternative exercises allow the athlete to maintain cardiovascular fitness while resting the plantar fascia.

Pool running involves treading water with running movements in the deep end of the pool, with or without a flotation device. Lynn Williams, bronze medalist in the 1984 Olympic Games for the 3,000-m run, advises that pool-running programs for athletes should “bear a striking resemblance to the routine followed on terra firma” (*Runner’s World*, March 1987, p 80). In other words, athletes should follow their usual training schedules in terms of intensity, speed, and frequency.



Hamstring stretching should be done before and after pool running because a short stride length is used.

Athletes may gradually increase land running and decrease pool running when tenderness of the plantar fascia and pain with weight bearing have abated.

©THE PHYSICIAN AND SPORTSMEDICINE 1988