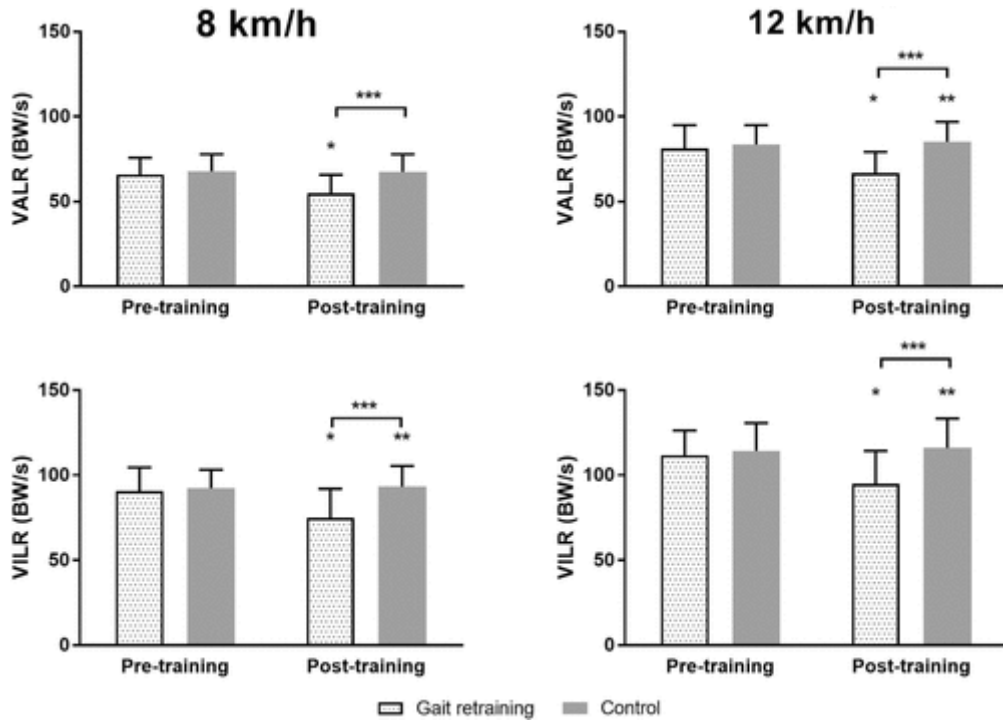


Figure 1

Vertical average loading rate (VALR) and vertical instantaneous loading rate (VILR) at 8 km/h and 12 km/h before and after training.



| Group | VALR | | | | VILR | | | |
|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|
| | @ 8 kph | | @ 12 kph | | @ 8 kph | | @ 12 kph | |
| | pre | post | pre | post | pre | post | pre | post |
| Gait retraining | 65.9 BW/s | 54.8 BW/s | 81.3 BW/s | 66.6 BW/s | 90.7 BW/s | 75.0 BW/s | 111.9 BW/s | 94.8 BW/s |
| Control | 67.8 BW/s | 67.5 BW/s | 83.5 BW/s | 85.2 BW/s | 92.3 BW/s | 93.4 BW/s | 114.3 BW/s | 116.1 BW/s |

Figure 2

No. (%) of running – related injuries in gait retraining and control groups

| Condition | Gait Retraining Group | Control Group |
|--------------------------|-----------------------|---------------|
| Patellofemoral pain | 4 (14) | 18 (29) |
| Plantar fasciitis | 2 (7) | 23 (38) |
| Iliotibial band syndrome | 3 (11) | 8 (13) |
| Hamstrings strain | 3 (11) | 8 (13) |
| Achilles tendinitis | 5 (18) | 0 (0) |
| Calf strain | 5 (18) | 0 (0) |
| Shin splints | 3 (11) | 1 (2) |
| Patellar tendinitis | 2 (7) | 0 (0) |
| Meniscal injury | 1 (3) | 3 (5) |