



Hackensack
Meridian *Health*



Is Your Running Form Causing Knee Pain?

The way that you run can lead to pain and injury. The orthopedic and rehabilitation teams at Hackensack Meridian *Health* offer the following tips to maintain proper running form and minimize impact or undue stress to your knees. Following these recommendations can help improve your running technique, avoid knee pain, and keep you running for many more years.

Expert Tips for Good Running Form



Be mindful of your posture. Keep your head straight. Avoid arching your back and keep your torso centered over your lower body.

Avoid heel striking. Make it a point to never step past your knees. Let your feet land beneath you instead of in front of you and avoid a hard heel-toe landing.

Keep your feet aimed in the direction you are running. Your feet should be parallel and pointing forward, which prevents twisting and torquing of your knees.

Lean your entire body forward. Always try to land in a midfoot strike while keeping your torso in a balanced, forward position.

Keep your knees soft and bent. Do not straighten your legs when you run. This adds impact to the heel and knee.

Swing your arms properly. Keep your arms at a 90-degree angle, moving your fists from chin to hip. Keep your elbows close to your sides.

If you're experiencing persistent aches or pains that are impacting your exercise routine or quality of life, visit [HackensackMeridianHealth.org](https://www.hackensackmeridianhealth.org). Our physical therapy experts and orthopedic physicians can evaluate your condition, recommend personal training or therapy, and provide additional treatments or services that are right for you.

