

# Protect Your Joints While Jogging

Each year, many joggers contend with overuse injuries such as tendinitis, muscle strains and stress fractures. “These often are caused by jogging too far or too fast or by not stretching or warming up correctly,” says Michael G. Kogan, MD, an Orthopedic Surgeon with Sherman Health.

To reduce your risk for injury, Dr. Kogan recommends warming up and stretching before your jog. Do jumping jacks or walk in place for three to five minutes. Follow with stretching exercises to loosen the hamstring, groin, thigh and calf muscles. Repeat these exercises after your jog.

## STRENGTHEN LEG MUSCLES

Your jogging routine should go hand in hand with muscle-building exercises or weight-training. “Exercises that strengthen leg muscles, for example, can also lower the risk for knee problems and injury,” Dr. Kogan says. “It’s ideal to combine these exercises with wise jogging strategies. Avoid increasing your mileage by more than 10% a week. And limit your jogging to 45 miles weekly.”

Smart footwear choices also help reduce the risk for joint and tendon injury. “Replace your running



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shoes if the heel or tread wears out or if the shoes no longer feel supportive. Orthotic inserts also can provide extra support if your feet tend to turn inward as you run,” Dr. Kogan explains.

Finally, stay alert to any messages your body is sending. If you experience pain of any kind while jogging, do not continue to run. ■

## ABOUT THE DOCTOR



**Michael G. Kogan, MD**  
Sherman Health  
Orthopedic Surgeon

Dr. Kogan specializes in minimally invasive surgery and reconstruction of the knee and shoulder. He recently received the newly created subspecialty certificate in Orthopaedic Sports Medicine through the American Board of Orthopaedic Surgery.

# Your Pet Might Keep You Healthy

People with pets probably appreciate the comfort animals can provide. However, they may not realize just how beneficial such companionship might be to their well-being.

There appears to be an association between owning a pet and better psychological and mental health. Various studies have identified these trends:

- Animal owners generally lived longer.
- Women with pets tended to have lower blood pressure, triglycerides and LDL—or “bad”—cholesterol levels.

- Heart attack patients who owned pets were less likely to die during the year after the attack.
- Older women who had pets reported themselves generally happier and healthier.
- Pet owners were more apt to see themselves as healthy.
- Older adults were more likely to remain independent.
- Owning a pet was linked with a lower risk for depression among people recently widowed. ■



**SHERMAN PET THERAPY PROGRAM** The Sherman Hospital Auxiliary uses certified therapy dogs to brighten the day of our adult and pediatric patients. Photos and profiles of our four-footed volunteers are posted at [www.ShermanHealth.com](http://www.ShermanHealth.com), where you can learn more about Sherman’s pet therapy program and our partnership with Dundee Animal Hospital.