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Dr. Lee S. Cohen



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Happy Valentine's Day

Winter Running Tips

Now that we've made it through "Snowmageddon 2016," here are some helpful tips on how to stay warm for the next one.

1. Wear socks! They wick away wetness, which will keep your feet dryer and therefore warmer.
2. A simple rule of thumb, dress as if it is 20 degrees warmer in order to prevent excessive sweating, which can lead to hyperthermia if not managed properly.
3. Helpful general guidelines:
 1. If it's 30 degrees: we recommend wearing 2 tops, 1 bottom, and a vest or base layer.
 2. If it's 10-20 degrees: 2 tops, 2 bottoms, a jacket and even wind pants
 3. If it's 0 to 10 degrees: 3 tops, 2 bottoms, including a base layer and a jacket plus something to cover your face.
 4. If it's any colder, you may want to reconsider running inside.
4. A warm up is important. Warm up inside without breaking a sweat. This could include running up and down some stairs or even breaking out the jump rope.
5. Using Vaseline or BodyGlide on the exposed parts of your face is a great way to prevent frostbite. try to finish your run with the wind at your back.
6. After a run through the slush, try stuffing newspaper inside the shoe. This will help speed up the drying process.



Adapted from RunnersWorld "How to Stay Warm this Winter."

POSE tips

If you want to be able to run longer, try this on your next run...only worry about one thing, that is pulling your foot from the ground, rather than trying to push off or even pump the arms. Pushing off takes more effort and can only be done in a vertical direction; however, we are running horizontally, therefore, it does not help you to run forward. Arm pumping is not necessary to move you forward either and will only cause you to use more energy. They actually act as a counterbalance for your legs, therefore, your leg movement dictates what your arms will do.

Pulling your foot off the ground is key. This can be accomplished by a higher cadence of 180 steps per minute. At this rate, you are able to utilize your body's muscle tendon elasticity properties. Let's imagine your muscles as "springs." Every time you move, you stretch these springs. We know from experience that the spring will return back to its original state after being stretched. In order to do this, the spring has to release the energy stored up inside. When you move, this process occurs with each step. By pulling the foot, you are able to tap into this energy, and take full advantage of it rather than waste it.



Why does it hurt to breathe cold air?

Have you ever experienced that burning sensation in your chest as you run in the ice and snow? Well, the reason may surprise you.

Our lungs have one very important job, which is to take oxygen from the air into our body and exhale out carbon dioxide. How is this possible when it's below freezing out? As you inhale, the air that enters your nose and mouth will immediately begin to get warmer and more humid. As the air travels further down into the lungs, it reaches the point where the lungs can begin to exchange oxygen for carbon dioxide from the blood vessels. When this process of exchange occurs, heat is created. This added heat, helps to keep the cooler newly inhaled air at a warmer temperature.

Due to cold air being so dry, the sensation that your chest is burning is most likely due to the combination of the heat, as well as, the water exchange that occurs during the early stages of the inspiration. Due to a large amount of blood vessels, it is unlikely that breathing cold air will cause any damage.



Adapted from Runners World

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Sincerely,

Lee Cohen
Dr. Lee S. Cohen