Novice Runners
1. Less than 1 year running experience.
2. Weekly distance < 15 km
3. Age range: 18-60 years
4. No pain or injury within three months of testing
5. No previous balance, ankle strength training

Novice runners contacted by phone and interest is determined

Novice runner is sent consent form and study information, completes baseline questionnaire

Novice runner is interested and fits criteria for eligibility

Initial Assessment
- Consent
- Isokinetic Strength
- Kinematics
- Kinetics
- Postural Control

Randomization

Isolated Ankle Strength (n=40)
- Theraband
- Isometric exercises

Functional Balance Training (n=40)
- BOSU Ball
- Lunges, hops, jumps, squats, single leg standing

Activity Matched Control (n=40)
- Aerobic Activity
- Static, dynamic stretching

Training Starts (8 weeks)
Weekly Questionnaires

8 Week Assessment
- Consent
- Isokinetic Strength
- Kinematics
- Kinetics
- Postural Control

Weekly Questionnaires
- Any Physical Complaint
- Daily Running Exposure
- Daily Training Exposure
- Time Loss Questionnaire (if applicable)

Study Completed

Time Loss Injury
Physiotherapist Diagnosis