Moments of the Hip, Knee, and Ankle While Jogging With a Stroller

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**ABSTRACT**

Finding time to exercise can be difficult with young children. Many parents use stroller jogging to exercise. Research Objective: This experiment researched if the weight of a stroller would affect lower extremity moments while running.

**METHODS**

Subjects ran for 4 minutes during the following conditions: no stroller, right hand on stroller, left hand on stroller, and both hands on stroller.

**RESULTS**

The data showed no differences of lower extremity moments of hip, knee and ankle joints while jogging with a stroller and without a stroller.

**DISCUSSION**

Subjects ran for 4 minutes during the following conditions: no stroller, right hand on stroller, left hand on stroller, and both hands on stroller.

Data suggests that the demands on the lower extremity are not altered when running at the same velocity with hands connected to a jogging stroller.

This study was limited by not having the runners propel the stroller forward. Instead only comparing conditions when the hands are connected to the stroller and feet are behind a stationary stroller.

Future direction of studies should see if the propulsion of the stroller would alter these same variables, thus changing the demands on the lower extremity.

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