

# COMMON RUNNING INJURIES

## PATELLOFEMORAL PAIN SYNDROME (RUNNER'S KNEE)

- **Symptoms:** Pain or dull ache around the top or sides of the knee cap; pain or stiffness while sitting or ascending/descending stairs; usually no swelling.
- **Treatment:** R.I.C.E., running on soft, even surfaces, change to low impact activities like swimming or cycling. Replace running shoes if badly worn or wrong type; orthotics may be needed.

## PLANTAR FASCIITIS

- **Symptoms:** Pain in the ligament in the arch of the foot, usually when walking or running; subsides when warm, returns when cold again. Pain is often greatest when getting out of bed in the morning. Causes include shoes with stiff soles and/or poor arch support. Over-pronation and walking barefoot can also be causes.
- **Treatment:** R.I.C.E., heel cups or inserts, shortened stride, replace running shoes if worn out or wrong type, calf stretching, low impact activity or running on softer surfaces.

## SHIN SPLINTS

- **Symptoms:** Pain on the anterior or medial edge of the tibia or surrounding area usually occurring during physical activity. Results from too much force being placed on the shinbone and connective tissues that attach the muscles to the bone.
- **Treatment:** R.I.C.E., taping, shoe inserts, low impact activities. If you must run, find soft, even surfaces. Dorsi and plantar flexor strengthening exercises and calf stretching exercises.

## ILIOTIBIAL BAND SYNDROME

- **Symptoms:** Ache or stinging sensation just above or below the lateral side of the knee joint or swelling of the tissue in the area where the band moves over the femur. One of the leading causes of lateral knee pain in runners. The band is crucial to stabilizing the knee during running.
- **Treatment:** R.I.C.E., taping, low impact activity, shoe inserts, replace badly worn or wrong type running shoes, stretching surrounding muscles to include hamstrings, quadriceps, gluteus.

## ACHILLES TENDONITIS

- **Symptoms:** Pain, stiffness or a dull ache occurs at the heel or slightly above; the tendinous extension of the two calf muscles (gastrocnemius and soleus) that attaches at the heel.
- **Treatment:** R.I.C.E., anti-inflammatory medication, wear low-heeled shoes, soft heel insert in shoes.

## PATELLAR TENDONITIS (Not to be confused with Runner's Knee)

- **Symptoms:** Stiffness below the knee, especially when running downhill or descending stairs. May go away when warmed up but will eventually return. Usually not sensitive to the touch.
- **Treatment:** R.I.C.E., anti-inflammatory medications, replace running shoes if badly worn or wrong type; possibly switch to shoes with a lower heel-to-toe drop (8 – 12mm drop is average).

## STRESS FRACTURE

- **Symptoms:** localized aching or burning pain along a bone. Usually painful to the touch. Will get progressively worse when running, walking, then sitting. Muscles around the bone may feel tight. May be caused by a sudden increase in mileage or running intensity.
- **Treatment:** Consult a physician immediately; continuing to run with a stress fracture can lead to a real bone fracture. Preventative measures may include replacing worn shoes, orthotics, and running on soft, even surfaces. Lower body resistance training can help to increase bone density.

R.I.C.E. = Rest, Ice, Compression, Elevation