

# RUNNING INJURIES

## D.O.M.S. (Delayed Onset of Muscle Soreness)

- The pain and stiffness in muscles several hours to days after unaccustomed or strenuous exercise
- The soreness is usually felt most strongly 24 – 72 hours after exercise
- The muscle adapts rapidly to prevent damage and, thereby, soreness

## SYMPTOMS OF OVERTRAINING

- Unexplained or unusual soreness
- Lowered resistance
- Colds or headaches
- Chronic fatigue
- Depression or frustration
- Lowered coordination
- Increased resting heart rate
- Musculoskeletal injury

## THE COMMON-SENSE PRINCIPLE

If you feel pain or fatigue, you may need rest, not a workout. Regarding exercise, some people subscribe to the “more is better” philosophy. This view often leads to overtraining and injury.

**Sometimes, the workout you don't do is just as important as the workout itself.**

## STRAINS

- The tearing of muscle tissue resulting from overuse or erratic movement
- Symptoms include point tenderness, decreased mobility, swelling and discoloration
- Treatment: R.I.C.E. for 48 – 72 hours. Afterward, a combination of ice and heat can be effective. When using contrasting treatment, always finish w/ ice
- Anti-inflammatory medication\* can be used

VS

## SPRAINS

- The stretching or tearing of ligaments surrounding a joint; ligaments connect bone to bone
- Symptoms include pain, point tenderness, swelling, discoloration and dysfunction
- Treatment includes R.I.C.E. for 48 – 72 hours following the injury and immobilization of the area
- Anti-inflammatory meds\* can be used

## TENDINITIS

- Inflammation of a tendon; tendons connect muscle to bone
- Symptoms include pain and discomfort on movement, dysfunction
- Treatment: R.I.C.E. & anti-inflammatory medication (Ibuprofen\*, aspirin, etc.)

VS

## BURSITIS

- Inflammation of one of the bursa sacs located in the joints.
- Bursa sacs secrete synovial fluid keeping joints lubricated; helps prevent tendons from rubbing on bones.
- Treatment: R.I.C.E. & Ibuprofen\*, aspirin

# R.I.C.E.

- REST
- ICE
- COMPRESSION
- ELEVATION

\* Taking Ibuprofen (NSAID) long-term is not recommended due to the risk of stomach bleeding and heart attack. The FDA recommends to not take NSAIDs for longer than 10 days unless directed by a doctor.