



Following are some of the common injuries that your participants may incur and come to you to ask what to do. Many times they are running/walking in old shoes or the wrong shoe for their particular running mechanics. They should be analyzed for the proper shoe by a specialty running store. Also, they may have done too much, too soon, too fast.

COMMON INJURIES

Achilles Tendonitis

Pain and tightness felt in the lower calf muscles, which may be more prevalent in the morning.

Contributing Factors – Constant hill running, shoes with soft heel counters, shifting from high dress shoes to running shoes.

Quick Fix – Ice massage, calf stretches, relative rest, modify activities to pain tolerance. Heel cups as needed.

Bunions

Pain felt around the big toe in conjunction with a noticeable lump. The big toe may project towards the other toes in an abnormal angle.

Contributing Factors – Hereditary predisposition, wearing shoes which are too tight across the ball of the foot.

Quick Fix – Wear a shoe with a wider toe box. If area becomes red and warm, consult your sports medicine professional.

Hip Pain/Bursitis

Pain on the outer hip area and near the buttocks muscles. The hip joint has a large bursae, a sac of fluid which lubricates and protects the joint, which can become inflamed.

Contributing Factors – Biomechanical inefficiencies, overuse and trauma (recent child birth, a fall, etc.).

Quick Fix – Activity modification, ice massage and increase stretching. If pain is radiating into buttocks or leg, consult your sports medicine professional.

Illiotal Band Syndrome (ITB)

Pain felt on the outside of the knee or upper leg, often associated with track running or roads with an increase camber (incline).

Contributing Factors – Weak pelvic and buttock muscles, decreased foot arch, inflexibility.

Quick Fix – Ice massage, specific ITB stretching, varying walking and running routes.

Morton's Neuroma

Sharp burning or throbbing pain from a pinched nerve most often between the third and fourth toes.

Contributing Factors – Excessive pronation (collapse of the foot arch), hereditary predisposition, obesity, wearing shoes which are too tight.

Quick Fix – Extra padding under the painful region, appropriately fitted and supported shoes, arch supports as needed.

Plantar Fasciitis

Pain felt along bottom of the foot that may extend from the heel to the arch. Pain is often worse during the first few steps in the morning and towards the end of the day.

Contributing Factors – Prolonged standing being overweight, leg length discrepancy, unsupportive shoes, calf and Achilles tightness.

Quick Fix – Arch supports, night splints and consistent stretching. Early recognition and treatment is key.

Runner'Knee (Patello-femoral dysfunction)

Diffuse knee pain often felt below the kneecap. Pain may increase when walking up steps, hill running or after prolonged sitting. Most often found in adolescent runners.

Contributing Factors – Thigh muscle weakness, flat feet, insufficient rest between activities.

Quick Fix – Cross training, strengthening the thigh muscles, arch supports and ice massage.

Shin Splints

Pain near and around the tibia (shin bone) often occurs when increasing mileage or beginning a training program. Failure to address this condition can lead to stress fractures.

Contributing Factors – Exercising too much, too soon, too fast. Calf and Achilles tightness, unsupportive shoes, worn out shoes.

Quick Fix – Ice Massage, stretching, supportive shoes and softer surface runs (grass, trails)

Other Common Areas of Pain

Blisters – Could be your socks, shoes too tight or too loose. Be careful with the blister. Cover area after draining. Don't wear cotton socks.

Side Aches – Also called side stitches and is a sharp pain usually below the rib cage, caused by a cramp in the diaphragm, gas in the intestines or food in the stomach and training harder/faster.

Stitch on right side is most common. Slow down 30 seconds and exhale forcefully each time your left foot hits the ground. If on the left side do the opposite. Continue until pain stops.

If this does not work, try slow deep belly breathing, or try running with hands on top of your head and elbows back while breathing deeply. Might try taking fist and dig under ribs.

WHAT SHOULD YOU DO

- Check with your local foot specialist or sports medicine professional about any of the Quick Fix suggestions if you have lingering pain.
- Replace your shoes regularly (typically 300-500 miles) Take old shoes to your local retailer or running specialty store for evaluation.
- ICE-Frozen plastic soda bottles work well for feet. Frozen bags of vegetables for hips, back and knees. Ice cups for shins and Achilles. Icing time should be 15-20 minutes.