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SPORT & REHABILITATION CENTRE

RUNNING INJURIES

- Running is a great cardiovascular activity that has immense benefits to one's health but can often result in injuries
- Running involves far greater forces than walking or cycling and studies have shown that with each stride the body withstands 6x its body weight through the stance leg
- Injuries most commonly affect the lower extremity (hips, knees, ankles)
- Acute injuries do occur but more commonly occur from overuse/repetitive strain type injuries
 - Terrible too's: too much, too soon, too often, too fast, and too little attention paid to pain

KEYS TO PREVENTING RUNNING INJURIES

- Adequate warm up and cool down with time allotted for stretching (some after warm up and especially after a run)
 - Stretching should be done to the point of tightness, not to the point of pain! Make sure to stretch warm muscles, and stretches should be held for 20-30 seconds each
- Proper footwear for your body/foot type and the running surface
- Increase your distance slowly (Running Clinics are great for this!)
- Ice sore muscles after a run
- Know when to NOT push through the pain:
 - Any shooting pain into the legs or up the spine
 - Any signs of numbness, tingling, or weakness
 - Swelling of joints or muscles
 - Sharp pain that does not subside
- Recognize an injury early, don't ignore it (home care and get professional help)
- The longer you wait, the longer the recovery and potential complications
- If you're training for an event --> scar tissue and adhesions will build up with repetitive use of the same muscles. This can lead to decreased range of motion, decreased strength, and sub-optimal performance. ART® treatment will get rid of these adhesions



WHAT IS A.R.T.®?

ART® is a technique that treats problems with muscles, tendons, ligaments, fascia and nerves. Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART®. These conditions all have one important thing in common: they are often a result of overused muscles. Overuse conditions occur by either acute conditions (pulls, tears, collisions, etc.) or the accumulation of small tears (micro-trauma). Each of these factors can cause your body to produce tough, dense scar tissue in the affected area (adhesions). This scar tissue binds up and ties down tissues that need to move freely. As adhesions build up, muscles become shorter and weaker, tension on tendons causes tendonitis, and nerves can become trapped. This can cause reduced range of motion, loss of strength, and pain. If a nerve is trapped you may also feel tingling, numbness, and weakness.

The goal of ART® is to restore the optimal texture, motion, and function of the soft tissue and to release adhered muscles, entrapped nerves and blood vessels. This is accomplished through the removal of adhesions and fibrosis in the soft tissue via specific active treatment protocols. ART® eliminates the pain and dysfunction associated with these adhesions.

Check it out at www.activerelease.com!

RUNNING INJURIES

Where?	What is it called?	What are the signs I might have this?	How did this happen? (common mistakes)	What can I do at home?
FOOT	Plantar Fasciitis	Extreme pain in the arch especially during the first few steps in the morning. Pain may decrease with activity but will worsen once stopped.	Old or improper footwear. Running on hard surfaces. Poor foot mechanics while running.	Roll foot over tennis ball, progress to golf ball, progress to rolling over ice (hint – freeze a pop bottle and roll foot over this). Towel scrunches.
ANKLE	Inversion Sprain	Rolling of the ankle, bruising on the outer side of the leg, swelling and/or stiffness and/or pain about the ankle.	Old or improper footwear that doesn't provide stability. Waiting too long to work on regaining original range of motion.	Ice (20 minutes on, 40 minutes off). Draw the alphabet with the foot. Stand on a wobble board with double-leg and progress to single leg stance to regain proprioception and prevent future sprains.
	Achilles Tendonitis	Sharp pain above the heel but below the calf following jumping or running activities.	Inadequate stretching of tight calves. Improper running mechanics.	Ice (20 minutes on, 40 minutes off). Stretch calf muscles.
LOWER LEG	Shin Splints	A deep aching pain along the inside of the shin bone or "behind" the shin. The pain is often worse with weight bearing and/or with running on a hard surface.	Old or improper footwear that doesn't provide adequate shock absorption. Deciding to "run through the pain".	Ice (20 minutes on, 40 minutes off). Roll up a towel with your toes, then unroll and repeat. Use foam roller or trigger point ball to work through side and front calf muscles. Cross train with different running surfaces.
KNEE	Patella Femoral Syndrome	Pain about the kneecap that is worse when going up and down steps and after sitting for long periods of time.	Forgetting to stretch quadriceps and hip flexors. Poor lower extremity biomechanics and/or improper footwear.	Ice front of knee (20 minutes on, 40 minutes off). Stretch outside part of quadriceps, hip flexors and strengthen inside part of quadriceps. Knee mobilizations (side to side and patellar lift).
THIGH	IT Band Syndrome	Pain about the outside of the knee with possible tightness at the outside of the thigh and into the hip. This pain is usually at its worst approximately 10 minutes into a run or when running downhill or on steps.	Thinking it is caused by a problem in the knee because the pain may be concentrated there. Failing to address the role that the foot may have and/or a weakness in the stabilizing muscles of the hip.	Stretch IT band. Roll using a foam roller or "the stick"! Strengthen hip muscles. Ensure proper alignment of the leg.
HIPS & PELVIS	Low Back Pain	Pain and/or tightness in the low back/gluteal region, often one sided.	Over looking the sacroiliac (SI) joints. Improper running mechanics. Inadequate stretching.	Stretch muscles attaching to the pelvis (especially the hip flexors). Increase core strength and stability.