

If You Have a Running Injury:

DO: rest, ice, and elevate the leg or injured body part if the injury is acute (if it is red, hot, swollen, or inflamed). If the condition is more chronic, try a hot tub massage!

DO: see a physiotherapist for an evaluation and treatment plan based on your injury and goals. They can set you up with a program to address your specific muscle imbalance patterns, as well as treat any joint and soft-tissue dysfunction. Getting treatment early can save you precious time, and lost running days.

DO: reduce your mileage to a pain-free amount.

DO: make sure you have the proper foot wear for your foot and body type, and replace your runners every 500 miles.

DO: talk to your physiotherapist about cross-training options to maintain or gain fitness.

DO: warm-up and stretch well prior to trying to run.

DO: cool down slowly at the end of the run by walking for at least 5 minutes, and stretch again while your muscles are warm.

DO: adopt a graduated return to running program once symptoms have abated. A good rule of thumb is to increase the running percentage by 10-15% per week. As always, let your symptoms be your guide. A physiotherapist can help you establish an appropriate and safe return to running protocol.

For treatment of your running injuries and rehabilitation exercise programs based on sound core principles,

CALL OR VISIT US AT:
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Our Expert services are committed and caring. We continue to excel in serving generations of the Burnaby Community.

Common Running Injuries



**Treating Your
Running Injuries
for over 25 Years!**



**Physiotherapists
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7 Most Common Running Injuries.

1. Plantar fasciitis (pain on the bottom of the heel and/or arches of the feet).
2. Achilles Tendonopathy (pain at the back of the heel around the Achilles tendon).
3. Patellofemoral Pain Syndrome and Anterior Knee Pain, including Patellar Tendonopathy (pain around the knee cap and/or in the front of the knee).
4. IT Band Friction Syndrome (pain on the outside of the knee at the IT Band insertion).
5. Tibial Stress Syndrome (Shin splints or pain in the lower leg).
6. Gluteus Medius Strain and/or Trochanteric Bursitis (pain on the outside of the hip).
7. Low Back Pain and Sacroiliac Joint Dysfunction.

Oh, the Joy of Running!



5 Most Common Causes of Running Injuries:

1. Muscle Imbalance Patterns: Weakness in your Core (your pelvic floor and deepest layer of your lower back and abdominal muscles), buttocks, thighs, calf, and foot intrinsic muscles can lead to breakdown. Inflexibility (particularly in your lower back, hips, and leg muscles) can also lead to injury. Seeing a physiotherapist can help address your specific muscle imbalance patterns.
2. Biomechanical Factors: Flat feet, rigid high arched feet, knocked-knees, differences in leg length, and other anatomical factors can predispose you to breakdown. These can often be addressed with proper custom foot orthotics, and/or appropriate exercises.
3. Shoes: Most shoes will need to be replaced after 500 miles whether they look broken down or not. Always be fitted in a store that caters to runners. The salesperson should evaluate your foot type and running style. If you have custom orthotics, make sure that they are fitted into a neutral shoe.
4. Training errors: Factors such as increasing mileage too quickly, hill training, speed work, running on slanted roads, and running on hard surfaces may lead to injury.
5. Improper (or non-existent) warm-up and/or cool down: Yes, you do have to stretch after you have warmed up!

Core Training and Why it May Prevent Injuries:

Good Core strength allows the body to hold the trunk and pelvis stable while performing activities such as running. It helps maintain good alignment of the pelvis, spine, hips, and lower limbs; and therefore helps to prevent injury.

Core muscles co-ordinate movement between the upper and lower body and absorb stresses and strains passing through the trunk area. Knock-knees, and excessive hip and pelvic swaying while running can be a result of Core weakness.

Basic Core Exercises:

To begin to train your Core, you must first be able to properly tighten your pelvic floor, and Transversus Abdominus muscle (the deepest layer of your abdominals). To start, slowly squeeze the muscles in your pelvic floor as though you are trying to prevent your abdominal contents from falling out the bottom of your pelvis (think of the muscles that you would use to stop mid-flow urination). Try not to tighten your upper abdominals or buttock muscles. The abdomen below your belly button should tighten and draw inwards. Now try to hold this for 10 seconds while breathing normally into your lower ribs and diaphragm. Repeat 10 times. With all abdominal exercises and Core strengthening that you do, you should always see your abdomen draw inward. If your abdomen bulges out when you are doing abdominal exercises, your Core is not functioning properly.

Did You Know?

Research has shown that you can reduce your chances of developing recurring low back pain to less than 15% (from over 80% in the normal population) just by retraining your Core, and the Multifidus muscles in your back.