

# Prevention And Treatment Of Running Injuries

**COMMON RUNNING INJURY SYMPTOMS**

**LOW BACK PAIN**  
Pain in low back and possible pain in buttock region.

**HAMSTRING STRAIN**  
Pain felt in the back of thigh.

**ILIOTIBIAL BAND SYNDROME**  
Pain located on outer knee or hip.

**ACHILLES TENDONITIS**  
Pain felt in back of lower leg above heel.

**CALF STRAIN**  
Pain felt in back of the lower leg.

**PATELLOFEMORAL PAIN SYNDROME (Runner's Knee)**  
Pain felt below and/or around the knee cap.

**SHIN SPLINTS**  
Pain felt in front of lower leg.

**PLANTAR FASCIITIS**  
Pain felt on bottom of heel and/or arch.

**5 TIPS TO PREVENT RUNNING INJURIES**

- Warm-up.** Perform a 5 minute dynamic warm-up prior to heading out on your run.
- Cool down.** Finish your run with a short walk followed by a static stretch routine (see next page).
- Strength training.** On non-running days, implement a strength training routine that includes legs, upper body and core.
- Follow 10% rule.** Don't progress your mileage by more than 10% from one week to the next.
- Stay hydrated.** Drink water throughout your day.

**INJURY TREATMENT**

Most running injuries respond well to conservative treatment. Rest and ice for at least 48 hours following the initial injury.

- REST:** Take a couple of days off from running.
- ICE:** Apply an ice pack to the injured area for 15 minutes, every 3-4 hours.
- PHYSICAL THERAPY:** If your injury is severe or continues to persist greater than 48-72 hours of conservative treatment, it is advised to seek treatment from a **physical therapist** to determine the cause of your pain and direct you with the appropriate plan of recovery.

**Therapeutic Associates**  
PHYSICAL THERAPY

For more running tools and tips, visit our Performance Running website:  
[www.therapeuticassociates.com/PerformanceRunning](http://www.therapeuticassociates.com/PerformanceRunning)

Running injuries usually happen when you push yourself too hard. The way your body moves also plays a role. You can prevent many of them. Don't let nagging injuries derail your journey towards race day. Running injury prevention information. Tips on preventing running injuries and identifying overuse and trauma injuries in kids. Proper form, strength training, and the right shoes can prevent injury. The last decade, running science has shifted its focus from treatment to. Running injuries - treatment, prevention, avoiding running injuries - comprehensive coverage of running related injuries. The original running. Prevention and treatment of injuries to runners. distance or intensity, too much hard interval training, improper footwear, and running on chambered surfaces. It is important to take adequate steps to prevent running injuries so you can enjoy your favorite form of exercise as long as possible. With respect to the prevention of running injuries, no study has successfully . the treatment and prevention of lower-limb injuries in runners except in the. Running is awesome. It's really life changing and can help you get into the best shape of your life. I can go on and on about the benefits of running, but that's not . prevented. Follow these tips to avoid running injuries by perfecting your structure and use better motions. Treat Your Feet Right. Be sure that A regular stretching program can go a long way toward injury prevention. The scientific signs, symptoms and research-backed treatment solutions for common running injuries. The hands-on approach to preventing and treating injuries in runners and hands-on approach to understanding, treating and managing running injuries. How to Prevent and Treat Running Injuries with Massage. Dr John Mills. by Dr John Mills On Apr 2, The last thing that a runner wants to experience is. Ten Tips to Prevent Running Injuries. 1. Improve and maintain your flexibility. Daily stretching is essential to improve and maintain flexibility, which in turn will. "Running Injuries - Treatment and Prevention" offers easy to access tips on treating and avoiding injuries. It is written in a language that is easy to understand. PREVENTION AND. REHABILITATION. Page 2. Topics of Tonight's Lecture. Common Injuries and Treatments. Causes of Most Common Running Injuries.

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