

health talk



BE THE BEST RUNNER THAT YOU CAN BE

Preventing Running Injuries

Dr. Jim Feng (Hons), ART®, CSCS, D.Ac, DC

The daily 3km runs are going great! Endorphins are pumping, and it feels great to be outside enjoying the summer breeze.

As the weeks pass, do you suddenly start feeling some minor stiffness in your shins? Another week passes by, and your shins have gone from a mild ache to a consistent pain during the whole run, this has stopped you from running four times a week to only twice a week. Another week passes, and you begin to feel pain at the right side of the leg and into the knees.

You are probably asking yourself, “why is this happening to me?” Truth be told, running injuries are very common. At the top of the list for most common injuries include Shin Splints, IT Band Syndrome and Runners Knees. These injuries may present with very different symptoms, but the latest research show that they have a very common origin.

The most common injury a new runner may face is shin splints. Shin splints can be broken down to two different types, one which affects the front of the shins and second being more situated behind the shin bone.

Pain is often felt when pointing your toes forward and returns after activity and may be at its worse the next morning after a run. Lumps and bumps may be felt at the

location of pain. If you have Flat feet, inflexibility in the foot, running the same route on the same edge, you may be more prone to the injury.

Some runners may notice after a few weeks of suffering from Shin Splints that the side of the leg might start aching. This is when your problem has progressed to IT band syndrome. IT band syndrome presents with point tenderness lateral to the top of the knee, or at the side of the hips. The dull achy pain can become sharp very quickly. If you have been running stairs or incline or increasing your mileage too quickly, you might be putting yourself at risk.

If your problems end here, that is great. However, most runners ignore the symptoms and keep on trucking.

This is when runner’s knee start coming into play. Runner’s knee (Patellar Femoral Pain Syndrome), presents with pain deep to the knee cap and grinding when going up the stairs. It is typically worse after hill running; you may

experience swelling of the knee, sharp pain during the run and dull achy pain after runs. This pain can take you out for a few weeks if not treated properly. If the following does not help, book a appointment to get it treated before it becomes worse!

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MOST COMMON RUNNING INJURIES
INCLUDING
SHIN SPLINTS, IT BAND SYNDROME AND RUNNERS KNEES



TOP 10 WAYS TO STAY PAIN FREE

- 1** Feet First! Everyone’s feet are different so why would you get the same shoe as your running partner who has a high arch, when you walk around with flat feet?
- 2** It’s not just about the looks. Change your running shoes every 800 km. Just because the shoe still looks pretty on the outside, doesn’t mean it is on the inside.
- 3** Mix up your routine. Sometimes changing your route or running your route in the opposite direction will take pressure off structures that are repetitively stressed.
- 4** Freeze! Ice painful or inflamed areas after your runs with a frequency of 10 minutes on and 10 minutes for two to three sets.
- 5** Don’t Forget to Stretch. Do a dynamic warm up before the run, and always stretch after a run. Check out our page at formfunctionclinic.com for some good post run stretching videos & tips.
- 6** Eat, drink and run. Proper nutrition and hydration before you run will reduce cramping and increase muscle function.
- 7** Don’t be Greedy. When trying to up-the-ante during your run, don’t increase how fast you run and the distance at the same time. Always increase one or the other in order to give your body some time to catch up.
- 8** Pre-hab Pre-hab, Pre-hab. Pre-habilitation will make a life of a difference in injury prevention. Ask one of our Chiropractor or Physiotherapist for the best routine that will suit your needs.
- 9** Don’t take on more than you can chew. Remember, you are only competing against yourself.
- 10** Get help! If these tips don’t help your problem, get a proper diagnosis, and treatment before your acute injury becomes chronic. One of our highly trained Chiropractors or Physiotherapist offer various therapies.