

STAY HEALTHY & KEEP MOVING



Runner Injury & Prevention

Common Injuries	Symptoms	Possible Causes	Treatment Suggestions		
Plantar Fasciitis	Sharp heel pain, most noticeable with the first steps after waking up or after long periods of rest. The pain can also occur when standing up after sitting for a long time.	Increased: Over-stride Hip adduction Pelvic obliquity Tibial Rotation RF eversion	Decreased: Dorsiflexion at FS Knee flexion at FS Cadence	Strengthen: Ankle TFL Gluteus Medius	Mobilize: Gastroc/Soleus Peroneals 1st MTP joint
Achilles Tendonosis	Pain along the Achilles Tendon, typically felt as a gradual onset of pain that worsens with activity. Pain may be severe enough to limit exercise.	Increased: Over-stride RF eversion Inversion at FS Heel whip	Decreased: Hip ext - TO Knee flexion - FS Cadence Ankle Dorsiflexion	Strengthen: Hip Abductors Hip Flexors Tibialis Anterior	Mobilize: Ankle TC Joint Gastroc/Soleus Hip Flexors Ankle dorsiflex.
Shin Splints	The primary symptom is a dull, aching pain along the inner part of the lower half of the tibia, which may become sharper or more severe during exercise.	Increased: Over-stride Pelvic Tilt Pelvic obliquity Hip Rotation Rearfoot eversion	Decreased: Knee flexion at FS Cadence	Strengthen: Hip Abductors Ankle Inverters Ankle Everters Calf endurance	Mobilize: Gastroc/Soleus Hip Flexors Hamstrings
Patellar Femoral Pain Syndrome	Pain is typically around or behind the kneecap. It worsens with activities, such as squatting, running, or climbing stairs. Sitting for long periods with the knee bent can also exacerbate the pain.	Increased: Over-stride Hip adduction Hip rotation Pelvic obliquity Tibial rotation RF eversion	Decreased: Dorsiflexion at FS Knee flexion at FS Cadence	Strengthen: Hip Abductors Hip Ext'l Rot.	Mobilize: Quads Hip Flexors Gastroc/ Soleus
ITB Syndrome	The most common symptom is a sharp or burning pain just above the knee on the outside of the leg, which can radiate up the thigh to the hip or down towards the shin.	Increased: Over-stride Trunk flexion Hip rotation Pelvic tilt Dorsiflexion at FS Inversion at FS	Decreased: Knee flexion at FS Cadence Step-width	Strengthen: Hip Abductors Hip Ext'l Rot.	Mobilize: TFL Hip Int'l Rot. Hip Flexors
Gluteal or Hamstring Tendinopathy	Glute tendinopathy is lateral hip pain. Hamstring tendinopathy is pain at the Ischial Tuberosity. Activities can exacerbate the pain with both.	Increased: Over-stride Hip adduction Pelvic obliquity	Decreased: Knee flexion at FS Cadence	Strengthen: Core Hip Abd. Glutes	Mobilize: Hip Extension Hip Int'l Rot. Gastroc/Soleus