

ORTHO PRO



PHYSICAL THERAPY

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Common Running & Walking Injuries

Typically injuries occur for two reasons, training mistakes and form mistakes. The training mistakes WILL be reduced by following the program your TNT coaches have outlined for you. Form on the other hand is different. While optimal form can be learned by some tips that I'll provide, most runners can only be taught optimal form through a one-on-one session (that's where I come in). In general addressing an injury early is better than late. Don't hesitate to tell your coaches of any problems or call or email me with your questions. These are some of the typical injuries and some very brief notes as to their cause and solution.

Typical Injuries of the foot & leg:

Plantar Fasciitis – Inflammation of the tissue on the bottom of the foot running from the heel to toes. This band of tissue is under tension and gives the foot its “arch”.

Telltale signs you may have plantar fasciitis-

1. Pain with the first few steps upon getting out of bed
2. Pain and tenderness in the bottom of the heel or in the arch of the foot

Corrections/Prevention:

1. Having good shoes purchased from a running store that has watched you Run or walk while wearing them.
2. Avoid late take-off while running. This can be done by increasing your Cadence (# of foot-strikes) to 22+ in 15 seconds or 90/foot/minute. This is counting ONE foot.
3. Physical Therapy Solution – specific foot tape that reduces work of the Plantar fascia. Teach optimal form.

Achilles Tendinitis – Inflammation which causes pain in the Achilles tendon (sometimes thickening). Sometimes worse with uphill (or faster) running, better with downhill (or slower) running.

Corrections / Prevention:

1. Good shoes.

2. Adding a ¼ inch heel lift (to one or both shoes) to reduce tension on muscle
3. Avoiding late take-off. Can be done with optimal cadence.
4. Physical Therapy solution- Local treatment, taping of ankle to keep foot in neutral which reduces pull on Achilles. Teach optimal form to prevent and minimize stress on tissue

Shin Splints – This problem can be either the muscle in front of the shin (anterior tibialis) or the muscle on the inside of the foot (posterior tibialis)

1. Front of shin- usually seen in beginning runners/walkers. Problem may be running too fast or too long a running increment. Solution, slow down your pace or reduce the number of minutes run to walk.
Physical Therapy solution – usually not needed as this tends to resolve on its' own.
2. Inside of shin – probably due to instability of foot or running form.
Solution- motion control shoe or supportive insole.
Physical therapy solution: specific taping of the ankle to minimize excessive motion. Teach optimal form to reduce instability and therefore stress on these muscles & tendons.

Typical Injuries of the Knee

Runner's Knee -(Patello-femoral pain aka Chondromalacia patella) – inflammation of patellar (kneecap) cartilage.

1. Pain anywhere around the kneecap. Usually worse with running (or walking) downhill or with walking down > up stairs. Sometimes there is pain with Sitting (such as at the movies- “moviegoers sign”) which feels better with putting your leg out straight.

Corrections/Prevention

1. Form – landing optimally will reduce knee shock. So will having the optimal cadence (foot strikes) as this reduces the workload on the
2. Abstain or reduce running on hills (specifically downhills). Running on softer surfaces vs hard surfaces may also help slightly.
3. Physical Therapy – McConnell knee taping (which is different from kinesiotaping) is extremely useful for this condition if done properly. There are several ways to tape the patella depending on the location of the inflamed cartilage. Teach optimal form to reduce shock and improve knee efficiency.

Iliotibial Band Syndrome – band of tissue that runs from upper thigh to outside of knee.

May get inflamed or irritated with either poor form or lack of motion control that may be caused by using shoes that don't provide motion control.

Corrections/ Prevention

1. Form – landing optimally reduces the shock absorption and workload
2. Cadence – optimal reduces the time that this band of tissue is “loaded” with body weight
3. Physical Therapy Solutions- Local treatment to tissue with ultrasound/massage. Strength/& stretches to improve tissues ability to do work. Teach optimal form to minimize stress on tissue.

Typical Injuries of the Hip

Trochanteric Bursitis – pain on the outside of the hip (buttock). The bursa (which is a fluid filled sack that acts as a cushion where the muscles of the buttock attach to the bone) get inflamed and become painful with use (running / walking / laying on your side) or tender to the touch.

Corrections/Prevention –

1. Form – optimal landing reduces the load on the muscles. Optimal cadence Shortens the amount of time the muscle is contracted (as does optimal take-off). A delayed Take-off causes these muscles to work at an angle where there workload is increased.
2. Physical Therapy solution- Use of ultrasound combined with massage to reduce inflammation and decrease muscle spasm.
3. Simple home treatment – use ice over busae (over boney outside of hip) Stretches (can be found on our website www.orthopropt.com)

Hip Joint Pain – Pain in the front of the hip or groin area can be either a simple strain of the hip flexor muscle or a more serious injury to the hip joint (bone, cartilage, capsule or other structures close to the joint). A simple way to distinguish is by sitting and lifting your bent knee upwards. If this is painful try using your hands to help lift the leg. If this reduces or eliminates pain then more likely it's a muscle issue (less serious). If on the other hand you feel pain while weight is place on the leg then it could be the joint as the source. This issue must be addressed.

For either of these sources of hip pain form is an issue

Physical therapy consists of an evaluation to determine the SOURCE of pain and then the appropriate measure to reduce it, including form, training program, or sometimes referral for further testing.

