

# Top 5 Running Injuries & Prevention

Presented by **Jonas Chiropractic Sports Injury Care**

Directors of Injury Prevention & Rehabilitation for The Long Island Marathon Weekend



## Runner's Knee

Patellofemoral pain syndrome (PFPS) is pain around the kneecap that is worse running uphill, downhill or going up and down stairs. Often resulting from increased mileage, it can also be related to bad running form and poor core strength. Other factors are overpronation (excessive inward foot rolling) and weak quads, hips, or glutes. Typical symptoms include pain behind or around the kneecap, pain when bending the knee, pain that's worse walking downstairs or downhill, swelling, and/or popping or grinding sensations in the knee.

**Prevention:** Strengthening the hips and core region and exercises such as planks, clamshells, the bridge, and side leg lifts.

**Treatment:** If ice and rest do not alleviate the pain, have the injury evaluated by a sports injury specialist. Seeking treatment earlier will allow you to take less time off and get back to your top form sooner. **Active Release Technique** is very effective in successfully treating injury to the muscles, ligaments and tendons of the knee.

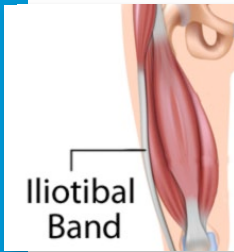


## Plantar Fasciitis

Stabbing pain on the bottom of the foot may be caused by plantar fasciitis, a tightening of the tissue that connects the heel to the toes. Symptoms include pain upon waking and while walking or climbing stairs.

**Prevention:** calf and achilles stretches, foot and ankle strengthening exercises, and shoes with arch support and cushioned sole.

**Treatment:** Rest, ice, orthotics or shoe inserts and in serious cases, surgery. A more effective alternative is **ART** and **Shock Wave Therapy**. The deep tissue massage to the arch and calf stimulates repair and accelerates healing.



## Iliotibial Band Syndrome

The IT band runs down the outside of the thigh, elongating and contracting with every stride, providing stability to the knee and hip. Adhesions and scar tissue can build up from overuse, resulting in pain in the leg, hip and knee. Runner's Knee can result from ITB Syndrome.

**Prevention:** Stretch your IT band by standing sideways at arms length from a wall, feet together. Push your hip toward the wall, hold, then return to standing position.

**Treatment:** Rest, ice and soft tissue mobilization and deep tissue massage in the form of **Active Release Technique** or **Graston Technique**.



## Shin Splints

Medial tibial stress syndrome (MTSS) is irritated and swollen muscles and fascia in the front of the leg below the knee. The result is the shins throb and ache after or during the run. Often due to a sudden increase in weekly mileage or increase in intensity, it can also be caused by improper running form, over pronation, flat feet, or high arches. Worn out running shoes can also be a factor.

**Prevention:** Stretching your calves and achilles, proper shoes, orthotics if you overpronate, alternating pairs of shoes, and running on soft surfaces to lessen impact.

**Treatment:** Rest, ice, and compression sleeves and socks are helpful. Soft tissue mobilization and massage therapies such as **Active Release Technique** and **Graston Technique** are extremely effective in permanent relief.

## Achilles Tendonitis

Inflammation of the large tendon that attaches the calf to the back of the heel results in pain and stiffness, especially in the morning and with activity. Often caused by a quick increase in volume or intensity, it can also be due to tight calf muscles and/or unsupportive footwear.

**Prevention:** stretching and strengthening the lower legs with calf raises, single-leg deadlifts, single-leg squats, and box jumps. Highly structured shoes can help but most importantly, don't do too much, too soon.

**Treatment:** Rest, icing, and stretching will temporarily relieve symptoms. Orthotics and heel lifts are short-term solutions. **Active Release Technique**, a movement-based treatment for soft-tissue injuries that helps to break up scar tissue and restore normal function, is the better long-term solution.



Certified in:



## Our Philosophy

We begin by understanding what you do, analyzing your Functional Movement Patterns as they relate to your sport or daily activity. We evaluate your posture to ensure equal and correct balance, and create your plan with a goal. We are Certified in **Active Release Technique**, **Graston Technique**, **Chiropractic Biomechanics**, **Functional Movement Systems**, **Pose running**, and we are Certified by the National Strength and Conditioning Association as **CSCS Specialists**.

## Dr. Jon DeGorter, DC

Trained and certified in **Active Release Technique**, Dr. Jon works with Ironman athletes and marathon runners and you will see him at many events treating these athletes. By assessing gait and postural analysis while running he is able to get these athletes back on the road faster and quicker with **ART**.

