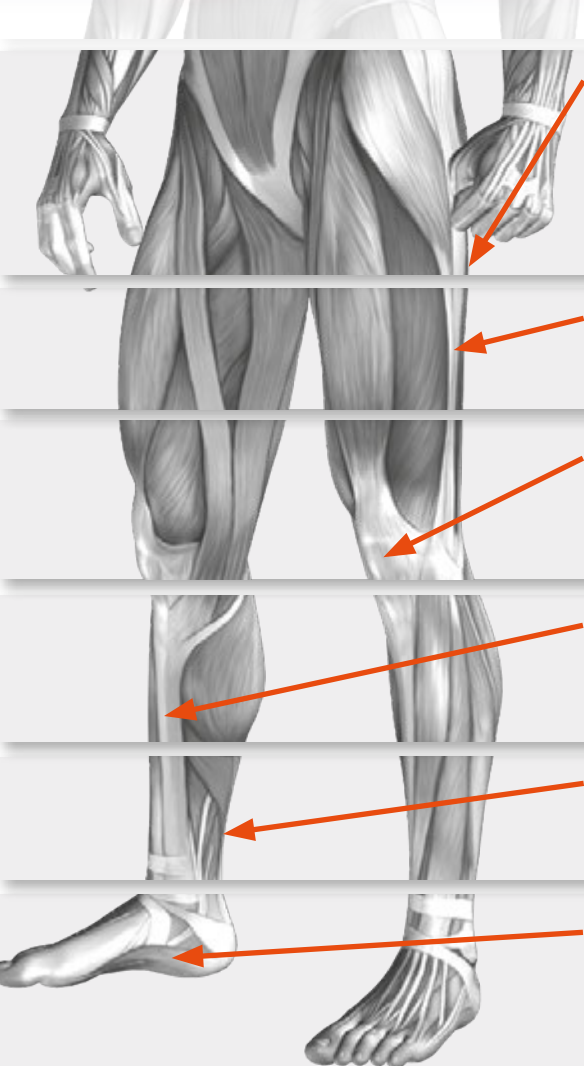


# COMMON RUNNING INJURIES

## How They Happen And What to Do About Them



	The Injury	Prevalence	Signs and Symptoms	Possible Mechanism	Management
	<b>Hamstring Strain</b>	7%	Pain along back of the thigh, muscle feels tight and 'weak'. Sharp pain at the origin of the muscle in the buttocks.	Related to too much too soon, inadequate flexibility, weak glutes and back extensors, poor eccentric strength.	Rest or reduce running, avoid hills and speed training. Neural mobility and flexibility exercises, eccentric strengthening.
	<b>Iliotibial Band Syndrome (ITB)</b>	13%	Tightness down outside of thigh, pain where it attaches to the outside of the knee.	Weak glutes and pelvis, weak core. Can be related to running in the gutter (on the curve of the road).	Mobility/flexibility of tight structures, strengthening weak glutes and pelvis including core.
	<b>Patellofemoral Pain Syndrome (Runner's Knee)</b>	40%	Pain in and around the knee.	Irritation and damage to the cartilage behind the knee cap. Possibly related to alignment and leg biomechanics.	Reduce running, cross train. Strengthen weak muscles, often glutes. Stretch tight structures commonly quads and hip flexors.
	<b>Medial Tibial Stress Syndrome (Shin Splints)</b>	15%	Pain along the front of the shin. Can be red and inflamed.	Too much too soon. Running on hard surfaces.	Rest, icing, taping.
	<b>Achilles Tendinopathy</b>	11%	Pain and tightness along the back of the ankle up to the calf.	Overloading and degeneration of the tendon, not always inflamed.	Rest or reduced running, cross training, stretching and eccentric strengthening.
	<b>Plantar Fasciitis</b>	15%	Pain along bottom of foot and heel.	Overloading of the connective tissue supporting the foot due to weak foot muscles, weak hips and glutes, tight calves.	Rest, icing, mobility/flexibility of connective tissue and calf. Strengthening exercises for the foot and lower limb.