

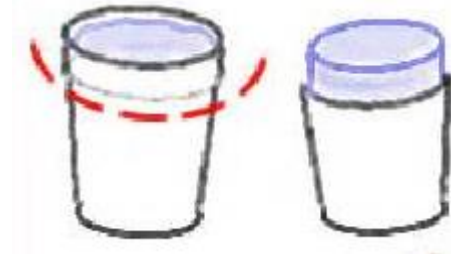
# Running Injuries and Treatments

## What are Common Injuries?

- **Plantar Fasciitis:** Inflammation of tissues in the sole of the foot.
- **Stress Fractures:** an overuse injury due to repeated stress and fatigue on a bone over time. Usually found in the Fibula or Tibia (shin bones)
- **Compartment Syndrome:** a fatigue induced increase in pressure in the muscles due to overuse
- **“Shin Splints” (MTSS):** Inflammation of muscles and tendons due to overuse.
- **Patellofemoral Pain Syndrome:** Localized knee and tendon pain, due to poor tendon traction and overuse
- **Tendonitis:** Tendon inflammation. May have several causes.
- **Bursitis:** Caused by repetitive overuse. Bursa becomes inflamed.
- **Strains and Tears:** Caused by an overstretching of the muscle fibers within a muscle unit.



How to make an ice cup for and ice massage:



## What are the Treatment Options?

- Come visit a **Body-Works Physiotherapist** to alleviate symptoms and return to play sooner!
- **Take a break and listen to your body!** Overuse injuries can get much worse if left untreated and without proper recovery and may even result in surgery.
- Freeze water in Styrofoam cups. After the water freezes, gently tear away the Styrofoam, leaving enough to use as a “handle”. Rub the **ice** along sore muscles, tendons and bones. Especially good for “shin splints”.
- A **new pair of running shoes** can reduce stress! (Individuals running approximately 3-5 times a week should change their shoes every 6 months).
- Gentle stretching, especially in **warm up and cool down** can prevent many injuries!
- Taking Advil is a good **anti-inflammatory** drug, and can protect dangerous myocyte inflammation.
- **Foam rolling** post run can reduce muscle soreness, opens up arteries and gets blood into the muscles.