

Injury Prevention for Runners

Presented by
Karen Shanahan, PT, DPT, ATC, CSCS

ATHLETICO
PHYSICAL THERAPY



athletico.com

Congratulations! You've decided to run a marathon!



What does that mean?



- New shoes
- New running buddies
- Food (Pasta and bananas - yum!)
- Hours spent running
- Injuries???

Risk Factors for Running Injuries

- Abrupt increases in mileage
- Previous injury/incomplete recovery
- Less experience
- Competitive Training



Contributing Factors to Injuries

- Age
- Running Shoes
- BMI
- Gender
- Terrain
- Inflexibility
- Strength imbalance

Overuse Injuries in Running

- Classifications of typical “overuse” injuries:
- Type 1: Pain after activity
- Type 2: Pain during and after/not limiting
- Type 3: Pain during activity/ limits activity
- Type 4: Chronic/unremitting

Common Running Injuries

Plantar Fasciitis

Shin Splints

Achilles Tendonitis

Iliotibial Band Syndrome

Patellofemoral Pain Syndrome

Plantar Fasciitis

Symptoms: pain beginning in heel and radiating to arch, heel pain with first steps in day, sore at beginning of run but improves

Causes: High arches or flat feet, tight calves, improper shoes, over/underpronation

Treatment: Ice massage after running, shoe evaluation, orthotics, calf stretches



Shin Splints

Symptoms: soreness along inside/outside of shin, pain at beginning of run, better during run, sore after

Causes: old shoes, running on hard surfaces, training errors, overpronation

Treatment: Stretching anterior leg lower leg muscles, different shoes, softer surfaces, correct pronation



Iliotibial Band (“IT Band”) Syndrome

Symptoms: pain along outside of knee, gets worse throughout the run

Causes: tight IT band, bowed legs, overpronation, leg length difference, downhill running, excessive speed work, running on banked surfaces

Treatment: rest, stretching, ice, run on soft surfaces, shoes, strengthen core and gluteals



Patellofemoral Pain Syndrome

Symptoms: ache under the kneecap, worse with stairs, worse with downhill running, stiffness with prolonged sitting

Causes: direct trauma, muscle imbalance, poor flexibility, overuse, excessive pronation

Treatment: ice, correct muscle imbalance, taping, stretching





Injury Prevention Tips

- Listen to your body!
- Follow a training program
- Don't increase mileage too quickly - Never increase speed or mileage by >10% per week
- Rest days are okay (and are encouraged!)
- Cross training
- Make sure you get properly fitted running shoes (your feet will thank you!)
- Stretch/foam roll and strengthen
- Ice – helps reduce pain and inflammation
- Address any injuries early (it will save you worries and pain!)
- Video gait analysis

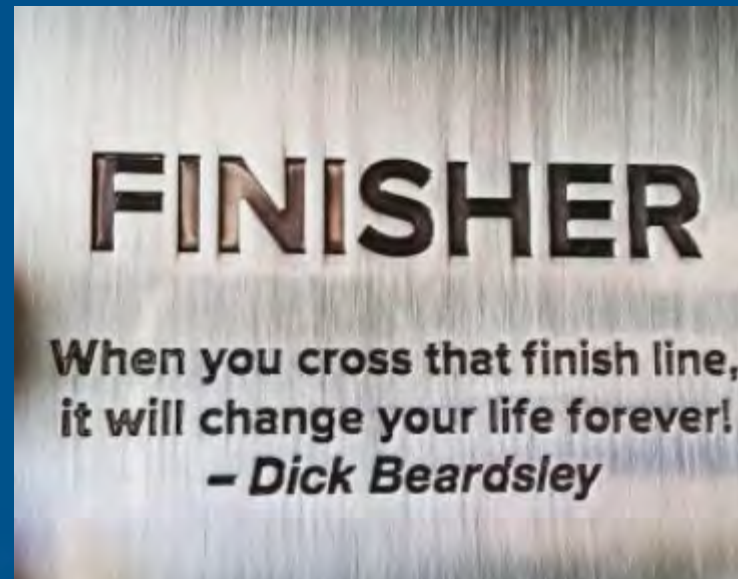
We're Here To Help!

- Athletico offers FREE injury screens at all of their locations!!!
- Call your local Athletico to set up an appointment or request an appointment online at <https://www.athletico.com/comp-injury-screen/>



Thank You!

- Karen Shanahan, PT, DPT, ATC, CSCS
- Karen.Shanahan@athletico.com



ATHLETICO
PHYSICAL THERAPY



athletico.com