

How to Prevent & Self-Treat Common Running Injuries

My Views On Injuries (from classes, podcasts, and articles I've read)

- Injuries are a result of increasing a load faster than the body can adapt.
- Injuries heal better and faster under load. Sharp pain should be avoided, but soreness isn't necessarily bad. Steady and rapid progression back to full activity (while avoiding acute pain) will help the tissue to heal in a more productive way.
- Many injuries heal faster without anti-inflammatories (mask useful pain signals, and may directly inhibit healing). I personally use NSAIDS only at night if they help me sleep.
- Both acute (fall or accident) and chronic (over-use, over-training) injuries usually occur at the weakest link in the kinetic chain, so the pain is not always where the real problem is!
- Bad posture/form, and/or compensations often eventually lead to new pain syndromes

Functional assessment and movement evaluation are key to rehabilitating an injury. I recommend starting with conservative therapy (massage, PT, stretching, strengthening) before injections or surgical procedures. MRIs sometimes fail to expose the source of an injury or point to damage unrelated to the pain. If you don't start getting better in a few weeks, then take more aggressive measures.

Treatment Strategies (first figure out what the real problem is!)

- Pin & Move (P/M) for tight muscles
- Pin & Stretch (P/S) for tight fascia
- Stretching Cycles for fascia & muscles
- Massage Trigger Points for referred pain
- Deep Frictioning for tendons
- Strengthen weak muscles

Common Runner's Injuries

Most runner's injuries are aggravated or partially caused by tight hip flexors, so hip flexor stretches are always an essential component of healing and avoiding future injuries! Also try the following techniques for these injuries:

- Plantar Fasciitis- strengthen arch and P/S sole
- Shin Splints- strengthen arch and shorten stride
- Ankle Sprain- mobilize, P/M outer leg, balance
- Knee Pain- P/M outer quad
- Calf Cramps- stretch, P/M, resisted toe raise
- Glute Pain- P/M with ball, strengthen
- Tight Hamstrings- seated P/M, stretch hams and flexors

Summary: My web site has lots of self-treatment techniques for most muscles. After an injury, mobilize ASAP (without causing sharp pains). Progress to resistance exercises, drills to mimic the action of running, walking, walking up-hill, and finally running for short distances (in perfect form!). Progress at a rate that you can tolerate! Everyone is different, but you should definitely be making progress in a couple weeks... if not, reevaluate your approach! ***Finally, after you return to running, focus on improving your form or training routine so you won't get injured again!!!***



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