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Gaston Rehab Associates

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

Top 6 Running Injuries and How to Avoid Them

Walking, jogging and running are excellent activities to promote health and wellness. Are you an avid jogger or runner? If so, could the way you run be hurting you?

When you run, jog or walk, each step sends shock waves up the feet, knees, hips and lower back. Overuse injuries are common, especially with running. The good news is, we can help avoid overuse injuries. Some causes of running induced injuries include: know it, unless a physical therapist or an exercise professional points it out. The causes of poor posture include:

- Training errors
- Improper running shoes
- Poor weight-bearing or running dynamics

If an injury does occur, physical therapy can get you back on track

(pun intended) in a short time. Here are SOME of the most common injuries that occur with running:

- 1) **Plantar fasciitis:** Inflammation of fibrous connective tissue in sole of the foot, leading to pain on the bottom of the heel.
- 2) **Achilles tendinitis:** Heel pain, or pain in the Achilles, due to too much running or running uphill. This can lead to pain and tightness in the calf.
- 3) **Shin splints:** Often a result of imbalance in the calf and shin muscles. Pain is along the front side of the lower leg (the shin).
- 4) **Stress fracture:** Repeated pounding of the legs can lead to stress fractures, with local pain over the affected bone.
- 5) **Hamstring strain:** Too much running can lead to a hamstring pull.
- 6) **Patello-femoral pain or "Runner's knee":** Increasing running distance too soon can lead to pain behind the patella, or kneecap.

If you have any of these injuries mentioned above, here are some tips from us to help you treat it:



T&T's Corner

Welcome to the special section called T&T's Corner. Affectionately known as The Bear and The Baby, this section will provide reflections and insights on a variety of topics! With these two around you never know what you will get. We hope you enjoy!

Bear's observation: It is important to get the proper amount of exercise each day. Even an old, lazy, overweight dog can sprint if he still needs to.

The Baby: Repetition is how we as humans learn and remember your 1000th time doing something may be another person's 1st time. If you are an expert at something, help someone else achieve the same.

Treatment consists of:

- Rest, anti-inflammatory medication and icing the injured area.
- Stretching muscles that are tight (i.e. - calf for Achilles tendinitis; hamstrings for hamstring strain)
- Strengthening exercises to restore muscle balance.
- In some cases, taping works like a charm - talk to your therapist.
- Orthotics may help alter the forces going into your joints. Talk to one of our therapists to see if this is best for you.
- Remember, if it hurts, don't do it. For example, if running hurts, try jogging. If jogging hurts, walk instead or try a mix of walking and running (30 sec walk, 30 sec run)

Are Your Shoes To Blame?

Before starting a running program, ask yourself:

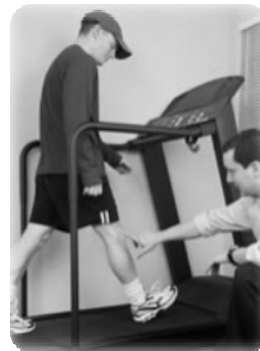
- Are your shoes worn out?
- Are they the right fit for your feet?
- Do you have flat feet? Are your shoes stable enough?
- If your feet are rigid, you need a pair with good cushioning.

All these questions need to be answered. To tell if a shoe can still be used, look at its sole. If it is worn out, it's time for a new pair! If they twist too easily, it's another sign they may be worn. Not sure what to look for?

Let us guide you.

Runners are very susceptible to injuries, especially with changes in training, including speed, frequency, distance, and surface.

Talk to your therapist about a customized plan to evaluate your foot and minimize or treat injuries

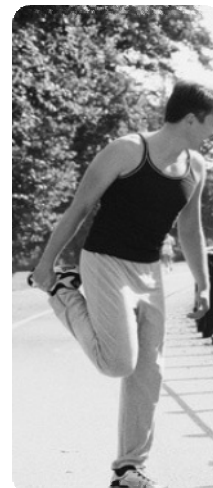


Your Feet Will Thank You

Most runners fail to take necessary steps to avoid injury. **This is where we come in.** After the initial evaluation, we teach you how to:

- Get the right pair of shoes - we evaluate the muscles of your feet and guide you to get the right shoes.
- Stretch out properly - we evaluate your requirements and make sure you stretch out your muscles properly before exercise.
- Strategically structure your running - we teach you the right warm, stretch and exercise sequence and coach you through the process of building up your running time gradually. Remember, your running shoes will last about 500 miles before they need to be replaced.

If you are a runner or just happen to walk regularly, you need to call us to evaluate your technique right away. As they say, prevention is better than cure. **Our highly experienced staff will work closely to design a plan to protect your joints and optimize your efforts. Call us today for an appointment. Your feet will thank you.**



Physical Performance Center

Gaston Rehab Associates is Gaston County's premiere medical fitness facility. With licensed physical therapists working side by side with certified strength and conditioning specialists we are equipped to work with all individuals no matter what condition you have. Call or stop by for a free trial session so we can show you the difference!

Upcoming Event

FREE Running Clinic:

Date: Thursday April 28

Time: 6:15 PM to 7:15 PM

Place: 1385 E Garrison Blvd (our office)

We will be meeting at 5:30 PM at our office for a 30-45 min group run on the Green Way at Lineberger Park followed by the presentation. This informal session will cover a variety of topics including injury prevention, training ideas, shoe selection and more! All ages and ability levels are welcome!

RSVP today by calling our office (704) 864-4424.