

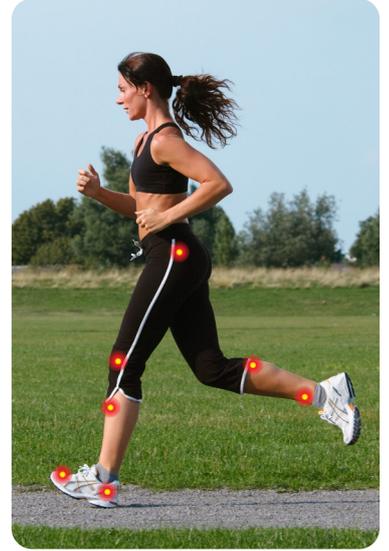
Running is a popular form of exercise for weight control and improved performance in the life of many people. Runners may experience acute injuries, such as ankle sprains and muscle strains, but the majority are generally classified as overuse injuries. Studies suggest that as much as 70% of runners (recreational and competitive) sustain an overuse injury in any 12 month period.

An overuse injury is an injury of the soft tissue (muscle, ligament and tendons) or hard (bone, cartilage) that results from a combination of fatigue over a period of time above the capabilities of the tissue with insufficient recovery time. It may be attributed to running speed, distance, duration or frequency of running.

The most common site of injury is the knee, accounting for almost half of all running injuries. The most common injury is patella femoral pain syndrome (PFPS). Other common knee injuries include iliotibial band friction syndrome, meniscal injuries, and patella tendinitis. Injuries to the foot and lower leg account for 40% of injuries, most commonly plantar fasciitis, Achilles tendonopathy and medial tibial stress syndrome (shin splints).

Training variables are responsible for 60% of running injuries, most importantly is distance. Running greater distances, as long as speed remains constant, increases the number of foot contacts and thus the risk of overuse injury. Increases in your running program should not exceed 10% of your running time and be gradually introduced.

Males and females are at risk of different injuries due to body shape and biomechanical (the way we move) variables. Common variations associated with running injuries include high arches, reduced ankle range of motion, leg length discrepancies and excessive pronation.



## Shoes & Orthotics

As a rule of thumb, running shoes should only be used for 12 months or 1000 kilometres, whichever comes first, so it is very important to update your trainers regularly.



If you are already wearing orthotics, they should be assessed at 12 monthly intervals that they remain fully functional and fit for duty. If you have symptoms of foot, ankle or leg pain that recurs after running then it is most likely that you have a biomechanical issue and may need footwear advice and perhaps custom foot orthotics to correct the biomechanical dysfunction.

A podiatrist is trained to assess the feet and lower limb, diagnose and treat injuries, provide injury prevention strategies and education on the latest in running shoe technology. If you are thinking of starting a

running program, or are presently running, then a visit to a podiatrist will ensure that you are doing everything possible to remain injury free.



**For further information on your foot health or to discuss treatment options with a podiatrist, please contact your local my FootDr podiatry centre.**