

RUNNING INJURIES

PART 1

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Running has become a very popular and convenient form of exercise. Running or jogging, on the surface may seem like a very casual and safe way to exercise and improve level of fitness, however this widespread form of recreational activity is not without its share of sports-related injuries. Although many of these injuries are minor sprains and strains, some can be more complex and serious in nature.

There are numerous causes of running injuries, most of which are related to the level of training. Injuries most commonly develop when the athlete intensifies his level of training or when the unconditioned individual begins a training program with improper instruction or improper equipment. The more experienced and elite athlete develops injuries as a product of over training and excessive stress, like increasing mileage too quickly or competing in too many events in a short period of time.

There are effective ways to reduce training errors which lead to running injuries. A proper running surface is very important. The athletes should always try to run on a soft level surface eliminating the increased shock associated with concrete or the running of up and down hills. Running on a banked or sloped surface like the shoulder of the road will force one foot to run higher on the slope than the other, leading to pronation which causes additional stress on the tendon and ligaments in the leg and ankle. The athlete should also pay close attention to the quality and type of running shoe which he/she is using. Shoes which take into consideration shock absorption, stability of the heel (called the heel cup), as well as seeing that the shoe fits properly. These suggestions will help avoid the most basic of training error and increase the runners chance to move on into higher levels of training which will not be impacted by early training mistakes.

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