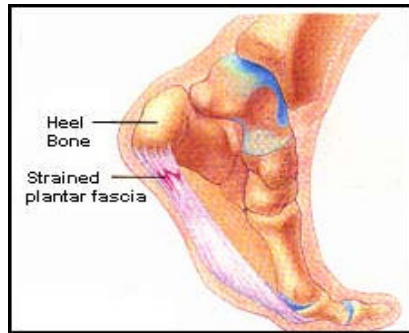


Second Wind Running Club

Common Running Injuries by Stephanie Kaiser

1. **Plantar Fascitis**- pain in the arch of your foot near the heel.
- *Ice, stretch, arch supports, rest/cross train*



Plantar Fascia Stretch



- Grasp foot around heel and toes.
- Pull back on toes until stretch felt in arch.

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2. **Achilles Tendonitis**- pain at base of calf muscle or top of heel pain. Pain is increased the morning and after speed work or hills. -*heat, stretch, heel cups, cross train*



Straight Leg Wall Stretch



- Feet 12-18 in. away from wall, place hands on wall.
- Keeping back foot flat, bend front knee and push toward wall until stretch is felt in calf.

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3. **Shin Splints**-pain on the inside of the shinbone. Can turn into a stress fracture after 4-6 weeks of pain. -*ice cups, new shoes, arch supports, cross train, and rest*
4. **Compartment Syndrome**- numbness and tingling into toes and feet after activity. Symptoms will increase with time. -*see Doctor*

Quad Stretch

5. **Patella Tendonitis**-pain under the kneecap. Pain is increased with running, jumping or bending at the knee.
-*ice and stretch*



- Stand facing away from table.
- Bend knee, place foot on table.
- Push knee bent while slightly bending support leg until stretch is felt in front of thigh.

6. **Illicitibial Band Syndrome** (ITB) pain along outside of leg. Pain may be at the hip, or at the knee. *-stretch, foam roll, ice, decrease hills/speed*

Standing Tensor Stretch



- While keeping affected leg straight, cross behind support leg.
- Push hip out toward affected side until stretch is felt.

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Standing TFL Stretch



- Stand facing table, cross affected leg and rest on table.
- Slowly bend opposite knee until stretch is felt in affected thigh.

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7. **Hamstring Strain**-pain or tightness on the back of the leg. Pain can be behind the knee or on the bone that you sit on when you sit down.
-heat/ice, stretch, decrease speeds/distance



8. **Quad Strain**- soreness on the front of the thigh. Pain can be anywhere from top of front of pelvis, to along the sides of the knee. *-heat/ice, stretch, foam roll, decrease speed/distance*



9. **Hip Flexor strain**- pain on the front of the pelvis. Pain with lifting of the knee or leg.
-heat/ice, ace wrap, stretch, decrease speed/distance

Lunge Stretch



- Stand with legs apart, front knee bent and back knee straight.
- Lean forward at knee and backward at hips until stretch is felt in front of thigh.

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