

Runners Injuries



The conditions

- Tendon Achilles Tendinopathy / Rupture
- Plantar Fasciitis
- Shin Splints
- Anterior Compartment Syndrome
- Stress Fracture

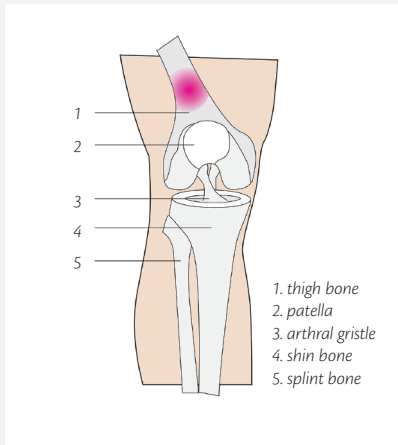
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Plantar Fasciitis



Tendinitis



About the conditions

All these conditions are associated with overuse problems of the lower leg and foot muscles. The contributing factors to developing these sorts of injuries are poor muscle balance between the layers of muscles in the lower leg, structure of the foot (particularly flat foot/high arched foot), lack of warm up and cool down post training, and the type of shoe used with exercise.

The Achilles tendon is the structure connecting your calf muscle to your heel bone. It gets inflamed and irritable due to overuse (tendinopathy) or might tear apart (rupture) in severe cases.

The Plantar Fascia is the muscle that forms the sole of your foot and its function is to support the arch of your foot and act as a shock absorber. It gets tight and inflamed at its origin (heel bone) commonly in flat foot individuals.

The term 'Shin Splints' commonly refers to pain along the inner edge of the shinbone. In the absence of good shock absorption (such as flat foot, poor shoes or high impact repeatedly) the forces are transmitted to the shinbone and muscles on the front of your leg and gives rise to strain and irritation. In some cases, it leads to stress fracture of the shin bone (incomplete crack of the bone).

Anterior Compartment Syndrome is pain on the front side of your lower leg and relates to the big muscles on the outside front of the leg. The muscles swell with use, and if the tissue covering these muscles is too tight, it leads to compression of structures and pain, seen with exercise and activity.

Usual symptoms Include

- Localized pain and tenderness.
- Swelling and lumpiness over the area.
- Worsens with exercises and post training ('shin splints', compartment syndrome).
- Stiffness and pain first thing in the morning which reduces after a couple of steps (plantar fascia, Achilles tendon).

What we can do to help

- We use massage to relax and promote blood flow.
- Teach you muscle stretches to lengthen the tight structures.
- We use electrotherapy and/or acupuncture to relieve pain, swelling and promote healing of damaged tissue.
- We progressively strengthen the weakened muscle by teaching you specific exercises.
- We use tape to support and advise orthosis if needed.
- We progressively return you to daily and sporting activity.

Your local Active+ clinic:

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