

## Running

Running is a great form of exercise. It can enhance physical fitness, decrease stress, and give a sense of accomplishment. Most injuries in running are overuse injuries. Skin injuries and heat illness are also seen with running.

### What are some common running injuries?

#### **Overuse Injuries**

Stress fractures in the bones of the foot and ankle are common in runners. More serious stress fractures of the hip are also seen. If one is having pain at rest in a focal area, it is possible that he/she has a stress fracture. Tendonitis is also an overuse injury seen in runners. Tendonitis at the knee, Achilles tendon, and illiotibial band (IT band) are common areas for injury in runners. Please see our handout on overuse injuries for more information.

#### **Skin Injuries**

Blisters are often seen in runners. Even irritation of the skin from friction of clothing is seen. Runners are also at risk for sunburn.

#### **Heat Illness**

Runners are at risk for heat illness, especially in hot, humid environments. Please see our hand out on heat illness for more information.

### How can injuries in running be prevented?

- Do not increase weekly mileage by more than 10% a week
- Change shoes every 350-500 miles
- Wear shoes that support your foot structure. Running store employees are knowledgeable about this subject.
- Wear lightweight, breathable clothing
- Wear proper fitting and proper thickness socks
- Apply sun block for outdoor running
- Develop and maintain a stretching routine. Runners have notoriously tight muscles. Tight muscles put people at risk for overuse injuries.
- Hydrate well in advance of your runs
- If you experience pain while running or at rest, stop running and contact your doctor immediately. Pushing through the pain can make things worse. Stopping and correcting the problem will get you back to running in shortest and safest amount of time.
- Consult a sports medicine professional or athletic trainer with any concerns about particular injuries or prevention methods

