

# JERSEY CENTRAL

## PHYSICAL THERAPY FITNESS

### Physical Therapy and Running Injuries

Walking, jogging and running are excellent activities to promote health and wellness. If you are an avid jogger or runner, the amount you run or the way you run could be hurting you. Runners are very susceptible to injuries, especially with changes in training, including speed, frequency, distance, and surface. When you run, jog or walk, each step sends shock waves up the feet, knees, hips and back. Overuse injuries are common, especially with running. **We can help you avoid overuse injuries.**



#### Causes of injuries include:

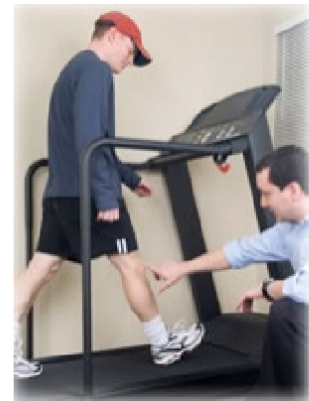
- Training errors
- Improper running shoes
- Poor weight-bearing or running dynamics
- Exercise addiction can lead to injuries, exhaustion, depression, and suicide.

#### Some of the most common injuries that occur with running:

1. **Plantar fasciitis:** Inflammation of fibrous connective tissue in sole of the foot.
2. **Achilles tendinitis:** Heel or achilles pain is due to too much running
3. **Shin splints:** Pain occurs along the front side of the lower leg (the shin).
4. **Stress fracture:** Repeated pounding of the legs can lead to stress fractures.
5. **Hamstring strain:** Too much running can lead to a hamstring pull.
6. **Patello-femoral pain** or “**Runner’s knee**”: Increasing running distance or on hills.

#### If you have any of these injuries mentioned above, here are some tips from us to help you treat it:

- Rest, anti-inflammatory medication and icing the injured area.
- Stretching muscles that are tight
- Strengthening exercises to restore muscle balance.
- In some cases, taping works like a charm - talk to your therapist.
- Shoe inserts may help alter the forces going into your joints.
- Remember, if it hurts, don't do it. For example, if running hurts, try jogging. If jogging hurts, walk instead.



#### Are Your Shoes To Blame? Before starting a running program, ask yourself:

- Are your shoes worn out?
- Are they the right fit for your feet?
- Do you have flat feet? Are your shoes stable enough?
- If your feet are rigid, you need a pair with good cushioning.

#### This is where we come in. As a part of our examination, we will teach you how to:

- Stretch out properly before exercise
- Get the right pair of shoes.
- Strategically structure your running program and coach you through the process of building up your running time. Remember, your running shoes last about 500 miles or about 6 months before they need to be replaced.

If you are a runner or just happen to walk regularly, you need to call us to examine your technique right away. An ounce of prevention is better than a pound of cure. Our highly experienced staff will work closely to design a plan to protect your joints and optimize your efforts. Call us today for an appointment. Your feet will thank you.

#### PLEASE CONTACT FOR MORE INFORMATION:

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