Recommendations for

RUNNING INJURIES

Based on Physio Edge podcast 059 with Tom Goom (@tomgoom), Dr Christian Barton (@DrChrisBarton) & Greg Lehman (@greglehman)

Load tolerance

1. Runners become injured because they exceed their tissue capacity to tolerate load.

A runner needs to be strong enough to manage the load experienced when running. Ground reaction force when running is 2.5-3x body weight and peak muscle load of soleus is 6-7 x body weight.

2. Strength and conditioning in runners may improve load tolerance, improve performance and reduce injury risk.

Continue running

4. Running should be stopped when it will have a negative long term impact on recovery eg bony stress injuries or highly reactive tendinopathies. The length of time out of running should be kept as short as possible.

5. Use the 24 hour pattern to monitor the runners reaction to load. If the pain is does not settle within 24 hours then the running volume should be reduced.

Biomechanics

6. Changing foot strike pattern may be appropriate in anterior compartment syndrome, chronic degenerative knees and achilles tendinopathy.

7. Running retraining should start simple and expand over a period of time. Changes to running technique do not need to be permanent. A temporary change in style may let symptoms settle and allow continued running.

8. Running shoes are less important than load management & biomechanics.

9. Periods of stress or lack of sleep may delay healing by up to 60%.

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