

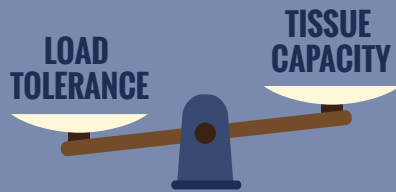
# RUNNING INJURIES

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



**2** 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.



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



## Continue running

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



**4**  
**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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