

Running Injuries

If you are a runner, you are aware of the toll it can take on your body if you over train. Certain injuries are common to the running population and I will discuss the mechanism of the injury and what can be done to prevent and rehabilitate it.

ITB syndrome / Runner's knee

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- Carpal tunnel syndrome
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For your convenience:

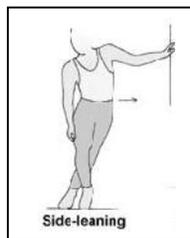
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Iliotibial band runs along the outside of the thigh, originating from 2 hip muscles (tensor fascia lata, and gluteus maximus). The ITB inserts on the outside of the knee and when it is tight, it can cause later knee pain and inflammation. One source of ITB irritation is excessive pronation (flat foot). Proper footwear and possibly orthotics are important in preventing excessive motion of the foot which translates up the leg. Another aspect of control of this rotary motion comes from the hip. Muscles in the hip control rotation of the femur, reducing the collapsing force at the knee. Not only do these muscles need to be strong, but they also need to be coordinated to fire at the appropriate time. A third factor in tightness of the ITB is the strength of the gluteus medius. This muscles keeps the body upright when standing on one leg (which is what you are doing every step of a run). If this muscle is weak and fatigues, the gluteus maximus and tensor fascia lata perform the same action through the ITB. If this mechanism is frequently used, the ITB can become tighter than normal, leading to the problem being discussed.

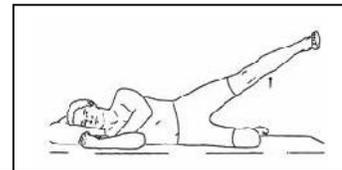
So in summary, to prevent runner's knee, 3 things are important.

1. Proper Footwear
2. Strong and coordinated Glut muscles
3. A flexible ITB

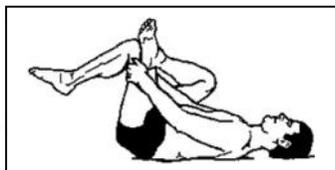
Below are a few exercises to perform to address the issue. However, if more specific attention is needed to address your injury please call Stephen Moyer MSPT at (215)-679-0105



ITB Stretch
Stand with affected leg 1-2 feet from wall. Lean hips in towards wall keeping affected leg straight. Hold for 20 sec. Repeat 3-4 times



Side lying hip Abduction
Lay on side with shoulder blades, buttocks, and heels against the wall, keeping foot parallel with ground and heel against wall. Raise leg up and hold for 2 seconds. Repeat 10 times, 3 sets



Piriformis Stretch
Cross affected leg over other leg. Pull with both hands behind thigh of uncrossed leg and hold 20 seconds. 3-4 times

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