**RUN BROCKVILLE**



**INJURIES**

When you start any new fitness activity you are training your body and its muscles to adapt to an activity that it’s not used to doing. It`s possible that in the first couple of weeks you will experience some annoying aches and pains. This is normal so don’t be discouraged. It`s most important to remember not to train through the pain. If the pain does not fade in a couple of days, contact your doctor or ask your running coach to recommend a professional who can help. Remind yourself that this is a journey and that every day you are getting stronger and healthier.

When an injury occurs it’s important to follow the RICE TREATMENT immediately.

**RICE TREATMENT**

REST: Rest the affected area. If the injury is not serious, a couple of days off will be adequate treatment. If the injury takes longer to heal, you can do some cross training until you are feeling ready to start again.

ICE: Ice the affected area with an ice pack or a bag of frozen peas wrapped in a cloth. Leave the ice on for no longer than 10 minutes and repeat at least three times daily.

COMPRESSION: Compress the affected area with a bandage particularly in the first 24 hours. Avoid using compression if you have diabetes.

ELEVATION: Elevate the arm or leg to reduce the blood supply to the area. Check that the circulation is not impaired.

Following are the top five common injuries:

**SHIN SPLINTS**

Sore shins will cause a pain that occurs in the front or inside of the lower leg along the shin bone (tibia). Shin splints commonly occur in over-pronators, people with flat feet, beginners or in those increasing the number of days running too quickly.

At their worst, shin splints can turn into a stress fracture along the tibia and pain will be felt with every stride. In less severe cases, the shin area may be tender and inflamed, and pain lessens a few miles into the run.

Use the RICE treatment with ibuprofen for immediate pain relief. Strengthen shins by running or walking up steps and stretch the calf muscle. Toe tapping may also be helpful in increasing the blood flow to the shin.

**ACHILLES TENDONITIS**

This is inflammation of the large tendon that attaches the calf to the back of the heel.

It is often due to increasing running distance too quickly, tight calf muscles, improper footwear or overtraining.

Short term, resting with icing and stretching may help relieve symptoms. In the long term, pay close attention to stretching and strengthening the lower legs. As well, ensure that you are fitted for proper footwear.

**PLANTAR FASCIITIS**

Sharp pain at the base of the heel is a common in those suffering from plantar fasciitis. Most people will feel it most when they step out of bed in the morning or during the first few strides of a run.

The real root of the problem can lie in tight and weakened muscles that aren’t able to handle the training you are trying to do.

In addition to the RICE treatment, roll your foot around on a golf ball, gently stretch the calf regularly and try not to walk around in bare feet, Long term however, diligent stretching, combined with strengthening the muscles in and around the feet will address the root of the problem.

**IT Band Syndrome**

Ever feel like somebody is stabbing you in the side of the knee when you run, especially when going downhill? This is one of the classic symptoms of IT Band Syndrome.

Causes can be almost anything. An imbalance of the hips, leg length discrepancy, or any stress on the side of the knee causes friction between the IT band and the femur. Over time, the IT band tightens and may swell.

Stretching the IT Band and massaging the muscles around the area will help loosen things up. In addition to the RICE treatment, taking ibuprofen will assist in reducing inflammation. Avoid downhill running, and if you always run on the same side of the road, switch directions every so often. The key is to balance the stress impact on both sides of the body.

**Runner’s Knee**

A constant ache underneath your kneecap when you run which usually gets worse as the intensity of exercise increases. Sometimes, the tissue surrounding the knee cannot recover quickly enough between runs.

The answer to this problem varies. Everything from uneven running surfaces and poor shoe selection to weak or unbalanced muscles in the buttocks, back, quads and hips can contribute.

If your knee continues to hurt, don’t run. If there’s inflammation, work on reducing it with the RICE treatment and ibuprofen. Focus on strengthening the quads and make sure you are wearing proper footwear.