



Physical Therapy & Wellness

The Newsletter About Caring for Your Health



G3 AT THE CARLSBAD 5000 RUNNING RACE

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G3 AT THE CARLSBAD 5000 RUNNING RACE

In May we had the opportunity to be the sports medicine “provider” at the Carlsbad 5000 running race. It's the first race we've done in several years and we had a blast! We spent the weekend talking to a lot of runners, assessing various injuries and answering lots of great questions.

The two most common injuries that we saw were foot/lower leg/achilles tendon pain and knee pain. I'd say this is a fairly good representation of the two most common running injuries. Interestingly, the biomechanical causes of these two seemingly distinct injury types are actually very common. Nearly all running injuries would be considered overuse or repetitive stress injuries, where certain soft tissue structures are repeatedly subjected to small stresses that, over time, break down the tissue, causing inflammation and pain.

Common foot/calf/achilles tendon injuries include plantar fasciitis, achilles tendonitis, calf strains, and shin splints (anterior or posterior tibialis tendonitis). The three main causes of these running injuries (often a combination of the three) are: dysfunctional foot biomechanics, limited ankle mobility, and limited hip

mobility. These three different dysfunctions cause similar biomechanical stresses—too much twisting or rotational stress placed on the trailing leg/foot/ankle just before toeing off in the gait cycle. The toeing off portion of the gait cycle, when the trailing leg leaves the ground as a runner/walker is about to take their next step forward, places a very high demand on the foot/ankle, where if the foot, ankle, and hip are not fully doing their respective jobs, excessive rotational demands are placed on the lower leg and foot, which can irritate the soft tissue structures of these body parts.

Common knee injuries include patello-femoral pain (runner's knee), patellar tendonitis, and IT Band pain. Similar to the lower leg injuries, the leading causes of these running injuries are: dysfunctional foot biomechanics, limited ankle mobility, and limited hip mobility. Again, due to either too much motion at these body regions or not enough motion (more common), excessive rotation at the knee joint can place too much stress on the knee's soft tissue structure, which can result in overuse injuries.

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit **g3.life** to schedule your appointment today!

COMMON RUNNING INJURY SYMPTOMS

LOW BACK PAIN

Pain in low back and possible pain in buttock region.

HAMSTRING STRAIN

Pain felt in the back of thigh.

ILIOTIBIAL BAND SYNDROME

Pain located on outer knee or hip.

ACHILLES TENDONITIS

Pain felt in back of lower leg above heel.

CALF STRAIN

Pain felt in back of the lower leg.

PATELLOFEMORAL PAIN SYNDROME (Runner's Knee)

Pain felt below and/or around the knee cap.

SHIN SPLINTS

Pain felt in front of lower leg.

PLANTAR FASCIITIS

Pain felt on bottom of heel and/or arch.



One of the most effective ways to prevent running overuse injuries is to have a good training plan that very gradually increases mileage (rule of thumb is to not increase mileage by more than 10% per week), and to allow enough time for recovery. Common ways to treat these overuse injuries focus on decreasing the pain and inflammation via ice, soft tissue work (Hypervolt, rolling, massage, laser, etc).

These are often effective ways to decrease pain and inflammation but do little to address the underlying biomechanical stresses that are the actual causes of the tissue overuse. These treatment strategies focus on functionally stretching/mobilizing the hips and ankles, while occasionally stabilizing the feet with inserts or orthotics. While orthotics are not indicated for every runner, they can often be an important component in treating and preventing common running injuries.

At G3 Physical Therapy and Wellness, we have a great track record of successfully treating running injuries and, equally importantly, preventing future injuries, by focusing on the underlying causes of the injuries in addition to treating the symptoms.

If you are experiencing any running injuries or if you're unable to train as much as you'd like due to a history of overuse injuries, feel free to call us at 760-452-2640 to schedule a free injury screen to get a better handle on what's going on.



**TAKE CHARGE OF YOUR HEALTH WITH
G3 PHYSICAL THERAPY & WELLNESS!**

760.452.2640

G3 Is Keeping Your Health In Mind!



HEALTH TIP

Soft tissue work is a huge part of helping our patients and clients recover from their injuries. Some benefits of soft tissue work include:

1. Increased blood flow to injured areas to manage inflammation and speed up healing
2. Decreased edema and swelling
3. Helps to release trigger points and spasms to improve mobility

Knowing what to do pre- and post-workouts and races can make a big difference in how fast you can recover and can even prevent injuries. Below is a picture of some toys we use in treating soft tissue injuries. Your physical therapist can teach you how to use different tools to keep you healthy.



What if I told you that eating foods like real butter and grass fed steak can help you repair and build muscle, tendons, and ligaments? Super interesting that eating foods that have been on the “no no” list can be good for you.

Be on the look out for information like this in future newsletters. I'm deep diving into a nutrition program to understand how to use food to support the musculoskeletal system in general and especially during recovery and for longevity.

If you have any questions or comments about food or nutrition, please email me directly at Sandra@G3.Life today!



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