

Running Injury

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Running is one of the most popular activities in the world. It is easy for anyone to do with very minimal equipment. Injuries are common from running, especially when you first start out, or when there is a large increase in training volume. Injuries are more common in the lower body, and are often due to the repetitive movement involved in running. Most of the time, injuries from running will resolve completely with simple exercises and changes to your routine.

Home Exercises

- *Calf Raises:* Standing at the wall, lift your heels going up on your toes. Hold for 3 seconds, then lower back to the floor. Repeat 10 times, multiple sets per day.
 - You can do calf raises with both feet, or one foot at a time.
- *Squat to chair:* Stand in front of a chair, squat to the depth where your butt hits the chair, then stand back up without sitting down. Repeat this 10 times, multiple sets per day.

For more information, visit www.summitpt.ca



Tips From A Physiotherapist

- Having variety (running and resistance training) in your weekly exercise routine will decrease your injury risk.
- If you start to experience pain in an area from running, reduce how fast, how long, and how often you run. If the pain continues, then consult with a healthcare professional with experience in treating runners.
- Walking or biking are great alternatives to running if you are unable to continue running for a period of time.
- Consult with your doctor if your pain continues to worsen.