**Common Running Injuries**

As a runner, you are logging hundreds or even thousands of miles per year. All those repetitive foot strikes and their impact can take a toll on your muscles, joints, and connective tissue. The knees, legs, and feet are the most common injury areas for runners. In the following, we will take a closer look at some of the most common injuries that affect runners. If you suffer from any of the following, let’s begin the process of making you a healthier runner.

**Runner’s knee** **(patellofemoral syndrome),** refers to pain in the front of your knee or around your kneecap. It’s a common overuse injury in sports that involve running or jumping.

Weakness in your hips or the muscles around your knee can put you at a higher risk of developing runner’s knee.

Runner’s knee can cause pain that:

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| -is dull and can be felt in one or both knees | -ranges from mild to very painful |
| -gets worse with prolonged sitting or exercise | -gets worse when jumping, climbing stairs, or squatting |

**Achilles tendinitis** **(tendinopathy)** refers to inflammation of the tendon that connects your calf muscle to your heel. It may happen after increasing your mileage or the intensity of your running.

Common symptoms of Achilles tendinitis include:

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| -dull pain in your lower leg above your heel | -swelling along your Achilles tendon |
| -limited range of motion when flexing your foot toward your shin | -a warm feeling over the tendon |

**IT band syndrome--** Your iliotibial band, commonly referred to as your IT band, is a long piece of connective tissue that runs from your outer hip to your knee. This band of tissue helps stabilize your knee when you’re walking or running. IT band syndrome is caused by repetitive friction of the IT band rubbing against your leg bone. It’s very common in runners due to weak gluteal muscles, abdominals, and hips.

IT band syndrome is characterized by:

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| -sharp pain on the outer side of your leg, usually just above your knee | -pain that often gets worse when you bend your knee |
| -IT band may be tender to the touch |  |

**Shin splints (tibial stress syndrome)** refers to pain that occurs in the front or the inner parts of your lower legs, along your shinbone. Shin splints can happen when you increase your running volume too quickly. In most cases, shin splints aren’t serious and go away with rest. Symptoms of shin splints can include:

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| -a dull pain along the front or inner part of your shinbone | -pain that gets worse when you exercise |
| -tenderness to the touch | -mild swelling |

**Plantar fasciitis** is one of the most common foot injuries. It involves irritation of the thick layer of tissue, called fascia, on the bottom of your foot. This layer of tissue acts as a spring when you’re walking or running. Increasing your running volume too quickly can put your fascia under increased stress. Muscle tightness or weaknesses in your calves can also put you at risk of plantar fasciitis.

Symptoms typically include:

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| -pain under your heel or midfoot | -pain that develops gradually |
| -a burning sensation on the bottom of your foot | -pain that’s worse in the morning |

If you’re a runner and experience any of these symptoms, contact the Run Garden today!