

Precaution Against Running Injuries

Written by Dr. Niru Prasad

PRECAUTIONS AGAINST RUNNING INJURIES
F.A.A.P, F.A.C.E.P
Bloomfield Center
Henry Ford Hospital
Department of Emergency Medicine

By: Dr. NIRU PRASAD, M.D.,
West

St. Joseph Mercy Hospital, Pontiac

Department of Urgent Care and Pediatrics

What are the most common injuries sustained while you are running?

1. Foot problems. The runners develop swelling of feet due to inflammation caused by tearing of fascia attachments near the heel, a condition called plantar fasciitis.
2. Shin splints. These are tiny tears in connective tissue that run from your knee to both sides of lower leg.
3. Achille's tendinitis. The repeated motion of stretching and running may cause partial or complete injury to Achilles's tendon leading to pain and swelling over the back of lower leg and heels.
4. Runner's knee. The runners frequently develop this condition due to repeated strain to the knee during improper running, poor running surface and body imbalance.
5. Iliotibial band tendinitis. This syndrome develops due to swelling of large connective tissue connecting the outside of hip down to outer edge of knee.

What are the precautions against running injuries?

1. Dress appropriately. Shoes should be comfortable and fit properly. The overall clothing should be light, loose and layered.
2. Stretching to loosen up muscles before running is very important for preventing further injuries.
3. Be aware of weather changes and if children find themselves out on track during lightning storm, they should seek shelter immediately.
4. Pay attention to proper diet. Good nutrition is essential when participating in any sports activity. The meals should be well balanced and youngsters should drink adequate amounts of fluids such as water, fruit juices, clear soups or Gatorade.
5. Since the body loses salt during perspiration, it is very important to take salt supplemented drinks such as Gatorade or soups.