



Running Injuries

Running is a great form of exercise, recreation and sport participation for adolescents and children. Whether alone or in a team environment, running can enhance physical fitness, coordination, sense of accomplishment and emotional development. However, training improperly or running under adverse conditions or with inadequate equipment can cause a variety of injuries and physical stress.

Signs of running injuries

You may be injured or need to stop running if you experience discomfort while running, pain while resting, sleeplessness, shortness of breath (exercise asthma), stiffness, headaches during or after running, chest pain or dizziness.

What types of injuries are most common in running?

- Knee injuries
 - Kneecap pain
 - Tendinitis
- Lower leg pain
 - Shin splints
 - Stress fractures
 - Tendinitis
 - Calf issues
- Foot and ankle injuries
 - Ankle sprain
 - Heel pain
 - Toe injuries
- Pelvic and hip injuries
 - Muscle pulls
 - Growth plate stress injuries
 - Tendinitis
 - Groin pain
 - Buttock pain
- Heat injuries
 - Sunburn
 - Dehydration
 - Heat exhaustion
 - Heat cramps
 - Heat rash
- Skin injuries
 - Blisters

How can running injuries be prevented?

- Maintain flexibility, stretching 30 seconds without bouncing
- Include strength training in your running program
- Hydrate adequately and eat a well-balanced diet
- Warm up and cool down before and after all runs and races
- Wear proper running attire, including shoes that fit your foot type and running style
- Run in safe, well-lit places with a partner

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How can running injuries be prevented? *(continued)*

- Pay attention to the weather, especially if it is hot and humid, to avoid heat illness
- Gradually increase your mileage and intensity
- Consult a running expert or coach to analyze your training program
- Crosstrain and include rest days in your training schedule
- Get your gait and form evaluated by a running expert

Need immediate treatment for a running injury?

The Children's HealthSM Andrews Institute for Orthopaedics & Sports Medicine offers treatment for all sport-related injuries. Call to book your appointment today. With same-day and next-day appointments, we can get you in and back in the game.

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