

RUNNER INJURIES CAN AFFECT WALKERS TOO

By Simon Burley Physiotherapist

In a previous article I wrote generally on the cause of injuries to runners. These same injuries can be the bane of walkers also.

Things like abnormal biomechanics, poor technique, overtraining, muscle tightness/weakness, poor footwear and training surfaces were mentioned.

Below I will list some of the more common running/walking injuries and the main biomechanical causes to help you avoid these problems.

1. Groin Pain

Commonly caused by overstretch (strain) or overuse of the inner thigh muscles (adductors) where they attach to the pelvic region. Other causes of groin pain can be excessive movement of a joint in the pelvic region (pubic symphysis) or a 'sports' hernia.

Groin injuries are often related to an overstretch injury but can also come about due to poor hip flexibility and poor hip muscle stabilisation.

2. Pain on the outside of the hip

Commonly due to irritation of the trochanteric bursa, a small fat pad allowing lubrication between tendon and bone. More common in those with wider hips and knees that roll inwards due to foot over pronation and poor hip stabilisation during the stance phase of running.

This is often a distance runners or walker's injury.

3. Pain on the outside of the knee

Often an inflammation of the iliotibial band and bursa, due to friction over the underlying bone.

This is often a result of downhill running, overstriding and running on uneven surfaces. Poor biomechanics at pelvic and foot level can contribute.

4. Pain on the front of the knee

Mostly due to patella maltracking (the kneecap not staying central in its groove).

This can be related to a host of factors, including quads weakness (the vastus medialis part) tight musculature about the knees, poor hip and foot biomechanics.

5. Heel and arch foot pain

Commonly an inflammation of the plantar fascia in the sole, a strong fibrous band which helps to form the arch of the foot - usually associated with over pronation of the hind foot.

6. Back pain

Commonly associated with irritation of joints between the vertebrae and then tightening/spasmed musculature.

Associated with poor technique, inadequate hip/pelvic mobility and stability, poor inadequate lumbar intervertebral mobility foot biomechanics.

As you have noticed poor biomechanics pops up time and time again. If you suspect this or your training partner/coach notices an awkward or uneven gait or you have recurrent injury then see your physiotherapist. Only your physiotherapist has the expertise to analyse human movement accurately to correct your biomechanics to ensure safe running/walking.