

PETTYGROVE PHYSICAL THERAPY &  
SPORTS REHABILITATION  
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Fall 2006

### Runner's Injuries

Whether you are a novice or elite runner, sometime during your training you may be sidelined by an injury. Addressing an ache or pain earlier rather than later will get you back on track more easily.

Below are several common conditions that runners may develop and treatments that your physician or physical therapist may suggest.

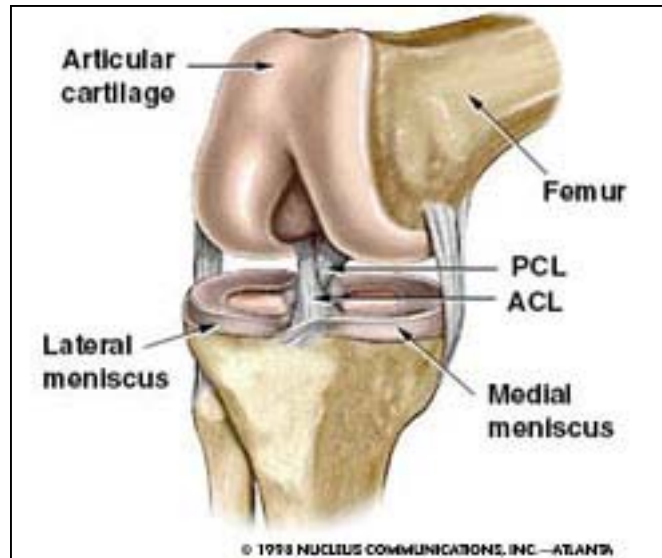
### Shin Splints

**Symptoms:** Soreness along the inside or outside of shin/tibia; pain beginning of run, better during run, sore afterward.

**Causes:** Overpronation, running in old shoes, running on hard surfaces, running downhill.

**Treatment:** Replace old shoes, run on softer surfaces, correct overpronation, strengthen calf muscles, anti-inflammatory treatment.

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### ACL Tears: What is it? What do I do after injury?

#### **What is my ACL?**

Your anterior cruciate ligament (ACL) is one of the four main ligaments in your knee that connects the bones of the knee joint. When the knee is slightly bent the ACL provides almost 90% of the stability of your knee. Anatomically, your ACL lies inside your knee arising from the front of your lower leg bone (tibia) and extending upward and backward to your thigh bone (femur).

#### **How does an ACL tear occur?**

It is commonly torn in contact sports (football) or pivoting sports (soccer, skiing). Injury often occurs when the knee is hit from the outside or with a sudden stop of the body's momentum with a twisting motion at the knee. It is not uncommon to hear a "pop", have immediate swelling and be unable to bear weight on your leg.

#### **What are signs and symptoms of an ACL Tear?**

What you may experience after injuring your ACL is buckling or giving way of your knee, swelling, difficulty bending or straightening, and difficulty walking and negotiating stairs. It is also not uncommon to feel like your lower leg shifts on your thigh bone.

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*(Runner's Injuries . . .continued)*

### **Iliotibial Band (ITB) Syndrome**

**Symptoms:** Pain and ache along outside of knee; better early in run, gets worse with more miles; often painful enough to make you stop running.

**Causes:** Tight ITB and hip flexors; running on banked surfaces; poor biomechanics (overpronation, leg length discrepancy, bowed legs); weak stabilizing muscles; increase in mileage too quickly.

**Treatment:** Rest, ice, stretch tight muscles, correct faulty mechanics, strengthen hip/core muscles, address running surfaces, anti-inflammatory treatment.

### **Plantar Fasciitis**

**Symptoms:** Heel pain with first step of the day; localized pain at heel radiating to arch; sore beginning of run, better during run.

**Causes:** Tight calf muscles and/or plantar fascia, high arches, flat feet, improper footwear.

**Treatment:** Ice, stretch tight muscles, night splint, anti-inflammatory treatment, orthotics.

*(ACL Tears . . .continued)*

### **What can I do after I injure my knee?**

It is crucial after injury to control the swelling and restore motion of your knee whether or not surgery is required. Consistent, gentle range of motion exercises are necessary to relieve the soreness and stiffness that is present after injury. RICE will help diminish the swelling; that is **R**est, **I**ce, **C**ompression, and **E**levation. In addition, a strengthening program that does not irritate your joint is beneficial to provide additional control and stability to protect your knee. A focused strengthening program should include exercises for your quadriceps (front of thigh), hamstrings (back of thigh), and calf muscles.

Surgical repair of the ACL is not necessary for everyone. However, if your goal is to return to sports or continue with other specific activities, then surgery may be necessary.

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### **In conclusion . . .**

Whether you are struggling with a chronic injury or recently injured yourself, you may benefit from seeking medical advice. If you are experiencing pain before, during, or after exercise/activity, it may be time to have your condition assessed by a skilled physical therapist and/or sports medicine physician. The clinicians at Pettygrove Physical Therapy would like to help you get back in condition and play pain free.

Pettygrove Physical Therapy is conveniently located in Northwest Portland on the fourth floor of the Northwest Center for Orthopedics and Rehabilitation building at 1515 N.W. 18th Ave, Suite 400, Portland, Oregon, 97209.

### **Hours of Operation:**

Monday-Thursday 7 a.m. to 6 p.m.  
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