

# Crimson Couch to 5K: Your Guide to Preventing & Managing 5 Common Walk/Run Injuries

## Plantar Fasciitis



### **What is it?**

- A sharp, tight and painful sensation in the heel

### **What causes it?**

- Overtraining, overuse, and improper worn-out footwear
- Tight and weakened muscles

### **What's the fix?**

- Wear orthotics and high stability shoes, stretch the calf muscles, ice the affected area

### **Stretches to help prevent:**

- Use a rolling pin or tennis ball.
- While seated, roll the pin/ball with the arch of your foot.
- Sit in a chair and extend the affected leg so that your heel is on the ground.
- With your hand, reach down and pull your big toe up and back.
- Hold for at least 15-30 seconds. Repeat several times throughout the day.



## Achilles Tendonitis

### **What is it?**

- Pain/swelling at the back of the lower leg/tendon, just above the heel

### **What causes Achilles Tendonitis?**

- Tight or fatigued calf muscles, overtraining, unsupportive footwear

### **What's The Fix?**

- Rest, Ice, and stretch
- Proper orthotics

### **Stretches to help prevent:**

- Sit with legs extended and knees straight. Loop an elastic band or towel around the affected leg (position around foot and under toes). Hold end of band/towel in each hand and pull back so that foot stretches towards you. Hold 10-30 seconds. Repeat 5 times, twice a day.
- Stand with balls of feet on the edge of a stair. Keep affected leg straight, slowly let heel hang down off the stair. Hold for 20 seconds. Repeat 4 times.



## Runner's Knee

### **What is it?**

- Constant ache underneath your kneecap

### **What causes Runner's Knee?**

- Uneven running surfaces
- Weak quads/hips

### **What's The Fix?**

- Rest and ice the knee
- Switch up running surfaces and wear proper fitting shoes

### **Stretches to help prevent:**

- Sit on the floor with one leg outstretched and the other bent so that the foot touches the knee of the outstretched leg. Keeping your back straight, lean forward and reach toward the toes. Hold for a minimum of 10 seconds.
- Stand and put hand on counter for balance. Bend the opposite leg and grab the ankle with your free hand. Gently pull up and back. Hold for a minimum of 15 seconds.



### **Iliotibial (IT) Band Syndrome**

#### **What is it?**

- Swelling and pain on the outside of your knee.

#### **What Causes IT Band Syndrome?**

- Activity that results from turning your leg inward repeatedly to include Running downhill, running on the same side of the road or wearing worn out shoe.

#### **What's The Fix?**

- Stretch/massage the IT band and the surrounding muscles
- Avoid running downhill and switch up sides of the road
- Decrease your mileage or take a few days off if you feel pain on the outside of your knee.
- Walk a quarter- to half-mile before you start your runs.
- Make sure your shoes aren't worn along the outside of the sole. If they are, replace them.
- Don't run on concrete surfaces.
- When running on a track, change directions repeatedly.
- Schedule an evaluation by health care provider if the pain does not continue.

#### **Stretches to help prevent IT Syndrome:**

- While standing cross right leg behind left. Lean slightly forwards and to your left. Hold 30 seconds. Repeat 3 times.
- Lie on your side at the edge of the bed. Move top leg backwards so it hangs down over the edge. Gradually try and let it drop more. Hold 30 seconds. Repeat 3 times.



### **Shin Splints**

#### **What is it?**

- Pain in the shin area (can be swollen or tender)

#### **What causes Shin Splints?**

- Quick increases in volume and intensity
- Tight muscles

#### **What's The Fix?**

- Rest, ice, and take
- Run on softer surfaces and make sure your shoes are not worn out

#### **Stretches to help prevent:**

- Face wall with wide stance and leg to be stretched behind you. Lean forward while keeping heel down and leg straight. Hold for 30 seconds. Repeat 3 times.
- Kneel down and sit on your heels. Gently push down on the heels to stretch the front of the leg. Hold for 30 seconds. Repeat 3 times.

*Note: Prior to beginning or advancing your physical activity, please consult with your health care provider. This information is not intended to replace the health and medication information provided by your physician and/or nurse practitioner. Injuries are best evaluated by your health care provider.*