Common Running Injuries

Each year, approximately 36 million people engage in running, with 40% to 50% experiencing at least one injury. Below are some common running injuries, their causes, and associated symptoms:



1 Piriformis Syndrome

Cause: Tightening of the piriformis muscle.
Symptoms: Pain radiating down the back of the leg.

2 Groin Pull

Cause: Overstretching or overextension of the inner thigh muscles.
Symptoms: Discomfort similar to a hernia.

3 Hamstring Strain

Cause: Inadequate or improper warm-up.
Symptoms: Sudden, sharp pain in the back of the thigh.

4 Calf Muscle Pull

Cause: A tear in the calf muscle where it connects to the Achilles tendon.
Symptoms: A "popping" sensation or sound may occur during the injury.

5 Achilles Tendonitis

Cause: Chronic overuse of the Achilles tendon.
Symptoms: Pain along the back of the ankle

6 Plantar Fasciitis

Cause: Inflammation of the ligament running along the bottom of the foot.
Symptoms: Pain localized to the bottom of the heel.

7 Shin Splints

Cause: Poor conditioning or overtraining.
Symptoms: Pain along the shinbone.

8 Patellofemoral Pain Syndrome (Runner's Knee)

Cause: Exact cause remains unclear.
Symptoms: Pain under and around the kneecap.

9 Iliotibial Band Syndrome (ITBS)

Cause: Friction caused by the iliotibial band rubbing against bone.
Symptoms: Pain felt in the hip or knee area.

10 Spinal Compression

Cause: Repeated impact from running leading to compression of the vertebrae.
Symptoms: Temporary loss of height, which can become permanent if left unaddressed.

Proper warm-ups, conditioning, and listening to your body can help prevent many of these injuries.



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