

Injury Prevention

Presented by Dr. Carl German D.C.

- 1) **Introduction:** During a marathon an average runner will make over 69,000 foot strikes!
- 2) **Common Running Myths (These are all warning signs!)**
 - a) "Running with pain is normal."
 - b) "I should take aspirin before running to stop the pain before it starts."
 - c) "If I have pain while running, I need to run through it."
 - d) "Everyone gets foot and heel pain."
 - e) "Knee pain is just part of running."
- 3) **Warning Signs of Possible Injury**
 - a) **Pain:** your body telling you to stop and take notice that this area is under strain or being injured
 - b) **Swelling:** a build up of fluid in a tissue due to irritation or injury; helps prevent injuries by decreasing function
 - c) **Loss of Function:** the body isn't working properly & doesn't "feel right", stride & gate may feel off, not able to run as usual
 - d) **Muscle Cramping:** caused due to dehydration, loss of electrolytes, poor calcium intake, improper stretching
- 4) **Common Running Injuries**
 - a) **Achilles Tendonitis:** inflammation of the tendon on the narrow part of the posterior ankle
 - **Common Causes:** over pronation of foot, loss of normal ankle function, poor fitting shoes, over tight calf muscle
 - **Prevention:** proper stretching of calf muscle, check shoes for proper fit & pronation correction, nutrition (calcium & electrolytes), ice sore areas after running (**Ice Time:** 15 min on & 45 min off per/hr), proper recovery time between runs
 - b) **Plantar Fasciitis:** inflammation of the muscles on the bottom of the foot, usually painful getting out of bed in the morning
 - **Common Causes:** over pronation of foot, poor arch support, over training, running on hard surfaces, loss of proper biomechanics of foot and ankle
 - **Prevention:** stretching, ice, massage, use of shoe inserts, correct ankle biomechanics
 - c) **Heel Pain:** localized pain on bottom of foot commonly associated w/plantar fasciitis, can also be the start of a bone spur.
 - **Common Causes:** same as plantar fasciitis
 - **Prevention:** stretching, ice, massage, shoe inserts, and heel cups
 - d) **Knee Pain**
 - **Common Causes:** over training, running on hard surfaces, poor biomechanics (if the upper leg and lower meet at too much or too little an angle, "Q angle"), ankle problems – over pronation.
 - **Prevention:** determine cause (most important!), decrease mileage, use of ice, possible need of bracing
 - e) **Shin Splints:** leg pain below the knee on the front outside or inside of the leg.
 - **Common Causes:** increasing mileage too quickly, over pronation, heavy hill workouts
 - **Prevention:** decrease level of running, ice, stretching, massage, possible shoe inserts
 - f) **Iliotibial Band Syndrome:** pain and swelling on the outside of the knee
 - **Common Causes:** running on banked surfaces or running on a track in the same direction, running too many miles
 - **Prevention:** decrease mileage, check shoes for improper wear, run on the middle of the road, change directions on track, do side stretches, massage and ice
- 5) **How to Avoid Injuries**
 - a) Don't ignore warning signs
 - b) Seek professional advice
 - c) Stretch
 - d) Strengthening
 - e) Proper foot ware
 - f) Stay on the training program
 - g) Proper nutrition

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Reduce Foot & Ankle Problems with Chiropractic Care

Do you suffer from any foot and ankle problems?

- ✓ Plantar Fasciitis
- ✓ Shin Splints
- ✓ Heel Spurs
- ✓ Achilles Tendinitis
- ✓ Excess Pronation
- ✓ Knee Pain
- ✓ Iliotibial Band Syndrome (ITB)
- ✓ Tarsal Tunnel

Foot pain and dysfunction caused by illness or injury can force you to modify your gait and create significant stresses on the joints of your legs, hips, and lower spine. Your feet are the foundation for your entire body. When they suffer from pain, misalignments, and malfunctions, your whole body is placed in jeopardy. Even without pain, foot dysfunction can cause your whole body to overcompensate, which can lead to back pain and even headache, not to mention the emotional stress of discomfort and limitations on movement that can spread from the feet upward.

How can Chiropractic help foot and ankle conditions?

Chiropractic can help you overcome foot and ankle problems that can cause additional problems in other structures: your legs, hips, and lower back. Chiropractic adjustments of your feet, and elsewhere in your body, can restore function and relieve pain. As a result, other body structures can be relieved of or protected from painful disorders stemming from or causing your foot problems.

Dr. Carl German D.C. specializes in the rehabilitation of sports injuries with Chiropractic adjustments not only to the spine but also extremities such as feet, ankles, knees, wrist, elbows, and shoulders. If you are interested in reducing pain and increasing performance, call us today to schedule your **complimentary** Consultation and Exam!

**This coupon entitles you to a complimentary
Foot & Ankle Consultation and Exam**

Call (408) 266-2185 today to schedule your appointment!
(One coupon per person. Not redeemable for cash.)

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