

March

Week 1

## Why do my legs hurt?

There are four periods of time at which athletes can be susceptible to injuries:

- During the initial phases of training (typically within the 1st month)
- Upon returning to sport after an injury (coming back too early, or too aggressive)
- When the quantity of running is increased (distance)
- When the quality of running is increased (speed)

Most running injuries are caused by recurring factors that athletes can often prevent or avoid themselves:

- **Training Errors:** can be the most common source of injury, particularly lack of adequate stretching; rapid changes in mileage; an increase in hill training; nutrition; and insufficient rest between training sessions.
- **Improper running shoes:** shoes should be running/training specific shoes fit that will accommodate your particular foot anatomy:
  - Proper shoes with good arch support; should fit well and be comfortable.
  - When a shoes mileage is reaching **300** miles, or have already been used for at least one season, then they need to be replaced due to breakdown of the shoe.
  - Orthotic shoe inserts (commercial, off-the-shelf, or custom-made) are especially valuable for people with flat feet (pes planus), high-arched feet (pes cavus), ankle weakness/instability, or foot problems.
  - Avoid running in street shoes, open-toed shoes, or someone else's shoes.
  - Try to use your running/training shoes for **ONLY** running/training.
- **Surface:** if possible, run on surfaces which are flat, smooth, and reasonably soft. Try to avoid concrete or rough road surfaces. Hills should be avoided, at first, due to increased stress placed on the knee and ankle.

What to do if injury is suspected:

- Stop running, or modify your activity (remove what is causing pain)
- Report injury to coach/athletic trainer
- Use the RICE principle (rest, ice, compress, elevate)
- Try to stay as active as possible while modifying your activity
- If the injury persists for more than 7-10 days then notify your athletic trainer. You may need to see a physician.
- **Be patient, these injuries take time to heal.**
- **Taping and bracing techniques have minimal effects on many running injuries.**