
RUNNER INJURY TALK

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INTRODUCTION

- Timothy Angelo, DC, CCEP
 - Sports Chiropractor 20+ years
 - Background in Physical Therapy/Athletic Training
 - Training in running biomechanics/injury prevention (SFMA)
 - Certifications in Active Release and Graston Technique
 - Active runner (5K up to 100K)

OUTLINE

- Intro
- Common Complaints
- Significant Symptoms
- Injuries
- Prevention
- Treatment
- Self-Care

COMMON COMPLAINTS

Hip Pain

Foot/Ankle Pain

Knee Pain

Back Pain

Calf Pain

Arch/Toe Pain

SIGNIFICANT SYMPTOMS

Sharp

Stabbing

Burning

Radiating (traveling)

Numbness

Weakness

COMMON INJURIES

- Muscle Strain
 - Grade Type
 - Injury Site (hamstring, calf, quad, etc.)
 - Common symptoms
- Capsular/Ligament Injury
 - Common locations (ankle, hip, knee, etc.)
 - Common symptoms
- Joint/Bone Injury
 - Cartilage/meniscus tear
 - Stress fracture
 - Common symptoms

COMMON INJURIES

- Disc Injury
 - Lumbar spine
 - Common symptoms
- Tendonitis/tendinosis
 - Injury site (quadricep, hamstring, achilles, etc)
 - Sprain versus tear?
 - Common symptoms
 - Diagnostic testing recommended
- Tear/Rupture
 - Common symptoms (hear something?)
 - Diagnostic testing recommended

PREVENTION

- Footwear
 - Heel Drop
 - Arch support
 - Material
 - Inserts
 - Proper fitting
- Nutrition
 - See previous talk
- Stretching/activation
 - Bowerman
 - Pre- and post-

PREVENTION

- Strengthening
 - Is weight training good?
 - Types of training
 - How often?
- Listening to your body
 - Significant symptoms
 - Rolling/stretching pain?
- Asking questions
 - Bother your coaches
- Don't Ignore symptoms!!!
 - Stubbornness leads to injury!

TREATMENT

- Nutritionist
 - Diet
 - Fueling/electrolytes
 - Recovery
- Coaching
 - Feedback on training
 - Biomechanics questions
 - Resource for treatment
- Chiropractic/Physical Therapy
 - Soft tissue versus joint care
 - Mobility versus stability
- Massage Therapy
- Acupuncture Therapy
- Orthopedist
 - Possible option

SELF-CARE

- Stretch/strengthen
- Ball/Foam Roller
- Massage Gun
- Compression Boots
- Ice/Heat
- Slant Board
- Nutrition/fuel
- Recovery (electrolytes)
- Mental
- REST!!!

THE END

