

Common Foot Injuries Among Runners



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Running: The World's Most Accessible Sport

- It's good for your health
- It's good for your well-being
- If you have symptoms, pay attention

Common Injuries in Runners

- Stress Fractures
- Tendonitis
- Heel pain
- Lower leg pain
- Nerve-related conditions
 - Tarsal tunnel syndrome
 - Morton's neuroma
- Skin and toenail problems

Commonalities of Common Running Injuries

- They are caused by overuse
- They all require rest

Stress Fracture: A Hairline Break

- Where?
 - Metatarsal bones
 - Shin bone
 - Tarsal bones
 - Heel bone
- Symptoms
 - Pain
 - Sometimes swelling

What to Do for a Stress Fracture

- At home
 - Rest, ice, anti-inflammatory medication, change shoes
- See a foot and ankle surgeon if pain persists
 - Thorough evaluation and diagnosis
 - Treatment: Rest, possibly walking boot, possibly crutches

Tendonitis: Inflammation of a Tendon

- Where?
 - Any of the tendons running from the lower leg to the foot
- Symptoms
 - Pain in the path of the tendon
 - Sometimes swelling
 - Pain that's worse after rest

What to Do for Tendonitis

- At home
 - Rest, ice, anti-inflammatory medication, change shoes
- See a foot and ankle surgeon if pain persists
 - Thorough evaluation and diagnosis
 - Treatment: Rest, compression, ice, possibly walking boot, possibly crutches

Heel Pain: Many Different Causes

- Can be caused by stress fracture, tendonitis, arthritis, nerve irritation, plantar fasciitis, etc.
- Plantar fasciitis
 - Most common form of heel pain
 - Inflammation of the plantar fascia
- Symptoms of plantar fasciitis
 - Pain in bottom of heel (usually worse upon arising)
 - Untreated pain increases over months

What to Do for Heel Pain

- See a foot and ankle surgeon for diagnosis & treatment
- Treatment options for plantar fasciitis
 - Shoe inserts, stretching exercises, modify footwear, rest, ice, anti-inflammatory medication, padding, strapping, night splint
 - If pain persists: physical therapy, corticosteroid injection, other treatments
 - Surgery may be needed in some cases

Lower Leg Pain

- Sometimes generically called a “shin splint”
- Some say “run through it” and take an anti-inflammatory
- If pain persists, see a foot and ankle surgeon for diagnosis and treatment

Tarsal Tunnel Syndrome

- A compression of the nerve in the tarsal tunnel
- Symptoms
 - Pain on the inside ankle/bottom of foot
 - Pain can radiate up or down
 - Sometimes numbness

What to Do for Tarsal Tunnel Syndrome

- At home
 - Rest, ice, elevation, change in footwear
- See a foot and ankle surgeon if pain persists
 - Thorough evaluation and diagnosis
 - Treatment: Rest, shoe inserts, injections, physical therapy, etc.

Morton's Neuroma

- A thickening of nerve tissue
 - On ball of foot, between third and fourth toes
- Symptoms
 - Pain (burning or sharp), radiating to toes
 - Can feel like something is in the shoe
 - Numbness

What to Do for Morton's Neuroma

- See a foot and ankle surgeon for evaluation & treatment
- Treatment
 - Padding, icing, shoe inserts, rest, footwear modifications, anti-inflammatory medication, injections
 - If symptoms don't resolve, surgery may be necessary

Skin & Toenail Injuries

- Blisters, corns and calluses
- Ingrown toenails
- Related to overuse and/or ill-fitting shoes

Tip #1 Know When to Run, When to Stop

- If you have pain during your run that persists
 - Stop running
 - See a foot and ankle surgeon
- If you have pain after you run, but not during
 - Modify your running
 - Rest, ice, ibuprofen
- If it doesn't resolve, see your foot and ankle surgeon

Tip #2: Adopt Good Running Practices

- Change your workout regularly (route, running surface, etc.)
- Wear shoes appropriate for your foot and running style
- Develop an efficient running style

The Running Style Most Efficient for You

- Eliminates training errors
- Helps prevent or reduce future problems
- Keeps you on the road to running well

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