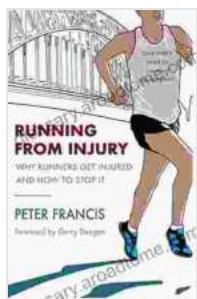


# Why Runners Get Injured: The Ultimate Guide to Prevention and Recovery

Running is a popular and rewarding form of exercise, but it can also be tough on the body. Runners of all levels, from beginners to elite athletes, are susceptible to injuries. In fact, it is estimated that up to 70% of runners will experience an injury at some point in their running career.

Most running injuries are caused by a combination of factors, including:



## Running from Injury: Why runners get injured and how to stop it by Peter Francis

★★★★☆ 4.4 out of 5

Language	: English
File size	: 15054 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 176 pages
Lending	: Enabled



\* Overuse \* Improper training \* Poor running form \* Muscle imbalances \* Nutritional deficiencies

The good news is that most running injuries can be prevented or treated with proper care. By following the tips in this article, you can reduce your risk of injury and keep your running on track.

## Common Running Injuries

There are many different types of running injuries, but the most common include:

\* **Runner's knee:** This is a pain in the front of the knee that is caused by overuse. \* **Shin splints:** This is a pain in the shins that is caused by overuse. \* **Plantar fasciitis:** This is a pain in the heel that is caused by overuse. \* **Achilles tendinitis:** This is a pain in the back of the heel that is caused by overuse. \* **Stress fractures:** These are small cracks in the bones that are caused by overuse. \* **Muscle strains:** These are tears in the muscles that are caused by overuse. \* **Ligament sprains:** These are tears in the ligaments that are caused by overuse.

## Causes of Running Injuries

As mentioned above, most running injuries are caused by a combination of factors. However, some factors are more common than others.

The most common cause of running injuries is overuse. This means running too much too soon, or not giving your body enough time to recover between workouts.

Other common causes of running injuries include:

\* **Improper training:** This can include not warming up properly, not cooling down properly, or not running on the correct surface. \* **Poor running form:** This can include running with your feet too far apart, or running with your shoulders hunched over. \* **Muscle imbalances:** This can occur when one muscle group is stronger than the other, which can lead to imbalances in your running gait. \* **Nutritional deficiencies:** This can occur when you are

not getting enough of the nutrients that your body needs to repair itself and recover from workouts.

## Preventing Running Injuries

The best way to prevent running injuries is to follow a comprehensive training plan that includes the following elements:

\* **Gradual progression:** Start slowly and gradually increase your mileage and intensity over time. \* **Proper warm-up:** Warm up your muscles before you start running to help prevent injuries. \* **Proper cool-down:** Cool down your muscles after you finish running to help them recover. \* **Run on the correct surface:** Avoid running on hard surfaces like concrete, which can put stress on your joints and muscles. \* **Wear proper shoes:** Make sure you are wearing shoes that are supportive and fit well. \* **Stretch regularly:** Stretching can help improve your flexibility and range of motion, which can help prevent injuries. \* **Strengthen your muscles:** Strength training can help build strong muscles and joints, which can help prevent injuries. \* **Eat a healthy diet:** A healthy diet can provide your body with the nutrients it needs to repair itself and recover from workouts.

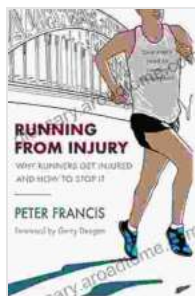
## Treating Running Injuries

If you do get injured, there are a few things you can do to help treat it:

\* **Rest:** The most important thing is to rest the injured area. \* **Ice:** Apply ice to the injured area to help reduce swelling and inflammation. \* **Compression:** Wrap the injured area with an elastic bandage to help reduce swelling. \* **Elevation:** Elevate the injured area above your heart to help reduce swelling. \* **Medication:** Over-the-counter pain relievers can

help reduce pain and inflammation. \* **Physical therapy:** Physical therapy can help you regain range of motion and strength in the injured area.

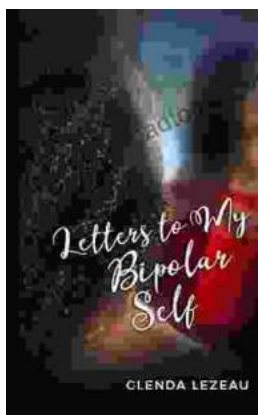
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