



ACTIVEPHYSIO[®]

If it's not active it's not physio

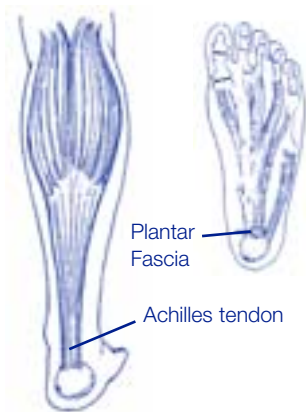


PatientInformation

Runners

The conditions

- Achilles Tendon Strain
- Plantar Fasciitis
- Shin Splints
- (Anterior) Compartment Syndrome



The foot acts as a shock absorption mechanism to protect the leg from jarring and injuries.

Usual symptoms include

- Local pain
- Swelling and lumpiness over the area
- Limitation of movement after impact exercise
- Stiffness and pain first thing in the morning

About the conditions

These 4 conditions are associated with overuse problems particularly relating to running. The contributing factors to developing these sorts of injuries are poor muscle balance between the layers of muscles in the lower leg, mechanism of the foot (particularly pronation/ flat foot) and shoe types used with exercise.

Achilles Tendon is the structure connecting your calf muscle to your heel bone and according to the Greek Philosopher is a great source of problem! The calf is the strongest muscle in your body and therefore requires immense strength from its tendon that withstands huge forces as the calf contracts. The **Plantar Fascia** is the muscle that forms the sole of your foot and has 3 bands that connect the underside of the heel to the toes. Its function is to support the arch of your foot and act as a shock absorber mechanism to the impact of exercise and use. **Shin Splints** occur on the front of the lower leg and relate to a problem in shock absorption. In the absence of good shock absorption (such as flat foot, poor shoes or repeated high impact) the jarring is transmitted to the shinbone and connecting muscles on the front of your leg and gives rise to strain. **Anterior Compartment Syndrome** is on the front side of your lower leg and relates to the muscles that pull up your foot and toes. They lie in a closed compartment of strong tissue. Enclosed along with them are your nerves and arteries to your lower leg. Sometimes in some people when they exercise (such as running) the blood flowing through the muscles and arteries within the compartment causes (temporary) increase in size of the structures enclosed. The swelling pushes against the compartment and pressure on the nerves and arteries cause pain and other symptoms.

What we can do to help

- We use massage and muscle stretches to lengthen the tight structures
- We use electrotherapy and/or acupuncture to relieve pain, swelling and promote healing of damaged tissue
- We progressively strengthen the weakened muscle by teaching you specific exercises
- We use tape or orthotics to support the heel and/or to control the foot with support to the medial arch
- We progressively return you to daily and sporting activity
- We are planning to see you about __times over the next__ week(s)

Your local Active Physio:



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