**Running Related Injuries:**

**Symptoms and Referral Guide**

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| **Symptoms:** | **Red Flags: Refer To PT or MD** |
| **General** | |
| Macintosh HD:Users:michelletreffer:Desktop:Shoe Capstone:Lit Search Runners:Images:3-diagrams-of-running.png | * Extreme pain * Persistent pain (more than 6 weeks) * Persistent pain at rest * Constitutional: Fever, malaise, weight loss, fatigue * Unexplained weakness * Numbness/tingling |
| **Plantar Fasciitis or Heel Pain** | |
| * Heel pain * Tender to palpation at medial tubercle of calcaneus * Insidious onset * Pain worst with first morning steps | * Pain with activity that progressively worsens to include pain at rest * Nerve entrapment (burning sensation/tingling/numbness) * Pain in middle of heel (rather than medial side) * Pain in back of heel |
| **Achilles Tendinopathy** | |
| * Pain 2-5 cm above insertion * Swelling or tenderness above the tendon * Nodules on the tendon * Pain eventually becomes constant during exercise | * Recent use of fluoroquinolone (Cipro) * Recent corticosteroid injections * Any other systemic treatments that affect blood flow (e.g., for diabetes, rheumatoid arthritis) * Inability to dorsiflex the foot |
| **MTSS or Shin Pain** | |
| * Bilateral presence * Diffuse pain on the lower medial third of the calf (towards ankle) * Pain with plantar flexion and inversion * Pain may lessen during running but become worse after running | * Exercise related “tightness” on outside or calf in absence of point tenderness * Localized point tenderness, especially if toward front |
| **PFSS: Persistent Knee Pain/ Stiffness** | |
| * Stiff upon rising after sitting for extended time * Swelling and point tenderness around kneecap * Feeling of knee “giving way” * Popping, grinding or snapping under the kneecap | * Pain persists longer than 6 weeks despite active attempts at remedy |