**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
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| **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
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| **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
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| **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
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| **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
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