Common Foot Injuries Among Runners
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

(Place DPM’s contact info here)