

# Common Foot Injuries Among Runners



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# Running: The World's Most Accessible Sport

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- It's good for your health
- It's good for your well-being
- If you have symptoms, pay attention



# Common Injuries in Runners

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- 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

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- They are caused by overuse
- They all require rest



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# Stress Fracture: A Hairline Break

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- Where?
  - Metatarsal bones
  - Shin bone
  - Tarsal bones
  - Heel bone
- Symptoms
  - Pain
  - Sometimes swelling



# What to Do for a Stress Fracture

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- Blisters, corns and calluses
- Ingrown toenails
- Related to overuse and/or ill-fitting shoes





# Tip #1 Know When to Run, When to Stop

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- 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

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- 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

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- Eliminates training errors
- Helps prevent or reduce future problems
- Keeps you on the road to running well

(Place DPM's contact info here)



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