

# Live Stronger, Live Longer: #9 RUNNING INJURIES

## BURDEN OF INJURY:



Up to 70% of recreational and competitive runners sustain overuse injuries over any 12 month period. 42% of all running injuries are to the knee, 17% to the foot/ankles, 13% to the lower leg, and 11% to the hip/pelvis.



3 million Australians participate in running; with the average age at 39.3 years old. Recurrent injuries can stop people from running long-term, leading to a decrease in fitness, physical and mental health.



Overuse injuries can occur from training errors (running frequency, duration, distance, speed) lack of strength and/or flexibility, and inappropriate surfaces, terrain and footwear.

## WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, metabolic, cancer, mental health conditions and healthy ageing. With over 40+ years of collective experience, we aim to get our clients moving better and feeling better throughout their lifespan.

## REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

## COMPLEXITIES OF RUNNING

When running, our joints absorb high levels of force (e.g. achilles tendon 6.7x body weight; knee joint 5.2x body weight). Injuries are a result of tissues not being able to adapt and cope with these loads. The biggest risk factor for future injury is past injury occurrence; thus it is important to address the cause and appropriately rehabilitation an injury to prevent reoccurrence. Complete rest is usually not advised, but rather a modification of training loads and rehabilitation exercises.



## BENEFITS OF RUNNING

Running is an incredibly beneficial exercise, with various motivations in the community. Running helps with self-esteem, coping with negative emotions, allows socialisation, aids weight maintenance/loss and improves health. It's affordable (it's free!) and can be a very convenient form of exercise. Thus, it's important to help people maintain their running to maintain their health.



## WHY SEE AN EP?

At The EP Group we specialise in return to running. We address biomechanics, footwear, strength, mobility and loading. Working with our patients, we improve running technique and tissue tolerance through a safe return to running program. We have helped patients recover from a variety of conditions, including patellofemoral pain syndrome, IT Band syndrome, plantar fasciitis, shin splints, and achilles and gluteal tendinopathy.



Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.