COMMON INJURIES

Sprains
A sprain is an injury to a ligament, the tough, fibrous tissue that connects bones to other bone. Ligament injuries involve a stretching or a tearing of this tissue. A sprain typically occurs when people fall and land on an outstretched arm, land on the side of their foot, or twist a knee with the foot planted firmly on the ground. This results in an over-stretch or tear of the ligament(s) supporting that joint. The usual signs and symptoms of a muscle sprain include pain, swelling, bruising, and the loss of functional ability. Sometimes people feel a pop or tear when the injury happens.

Strains
A strain is an injury to either a muscle or a tendon, the tissue that connects muscles to bones. Depending on the severity of the injury, a strain may be a simple over-stretch of the muscle or tendon, or it can result in a partial or complete tear. A strain is caused by twisting or pulling a muscle or tendon and can be acute or chronic. An acute strain is caused by trauma or an injury such as a blow to the body or by improperly lifting heavy objects or over stressing the muscles. Chronic strains are usually the result of prolonged, repetitive movement.

Knee Pain / Tendonitis
Tendonitis is the inflammation, irritation and swelling of a tendon. It can occur as a result of injury, overuse, or aging as the tendon loses elasticity. Any action that places prolonged repetitive strain on the joints and muscles can cause tendonitis. The most common symptom is pain, tenderness and the increase of pain with movement.

Running Treatment, Injuries, Nutrition and Hydration

P.R.I.C.E. Treatment Method

P. Protect – Protect the injury from further harm by using a brace, splint, immobilizer, or ACE bandage.
R. Rest – Rest the injured area by not participating in activities that are painful to perform.
I. Ice – Ice the area for 20 minutes every 2 hours. Never use heat because it causes the area to swell even more.
C. Compression – Compress the swelling using an ACE bandage or compression wrap to limit any further swelling. When wrapping the injured area start at the furthest point away from the body and move toward the body. Be sure that you are not cutting off circulation.
E. Elevate – Elevate the injured area above the heart to pull blood flow away from the injured area.

For more information, or to contact one of our Sports Medicine Outreach Liaisons, email us at SportsMedicine@AMITAhealth.org or call us at 224.273.2416
Shin Splints
The pain of shin splints is caused by swelling or inflammation of the muscles, tendons, and the thin layer of tissue that covers the shin bone. The common cause is overuse from activity or training, and then not enough recovery time.

Ankle Sprain
The most common injury in sports is a lateral ankle sprain. This injury occurs by rolling the ankle over the outside of the foot. The ligaments that support the ankle can be torn which lead to swelling, inflammation and bruising around the ankle.

NUTRITION FOR RUNNERS

Eating Before a Run
Before a run, you shouldn’t feel overly hungry or overly full. Eating right before a run can lead to cramping, and running on an empty stomach can make you run out of energy. The most effective way to eat is to have a light snack or small meal about two hours before your run.

Eating After a Run
After a run, it’s important to replenish your energy as soon as possible. Research indicates that muscles are most receptive to rebuilding glycogen (stored glucose) stores within the first 30 minutes after a run. Eating soon after a run will lessen the chance of muscle stiffness and soreness.

HYDRATION

Before, During and After Your Run
Proper hydration is key to your successful performance in a run. More importantly, it can also help prevent heat-related illnesses. In athletes, dehydration can cause decreased coordination, fatigue and muscle cramps. As a runner, you need to monitor what you drink and how much before, during and after exertion.

Hydration Before Your Run
Several days before a long run, you should stay well hydrated. Passing a large amount of pale urine about six times a day indicates you’re drinking enough of the right kinds of fluids, specifically water and non-alcoholic beverages.

On the day of your run – about an hour before start time – drink 16 to 24 ounces of water or other non-caffeinated beverage. Don’t drink anything after that so you can pass any remaining fluids and avoid having to take a bathroom break during the run. Right before you start the run, you can drink another 4 to 8 ounces of water or a sports drink.

Hydration During the Run
During the run, you should drink 6 to 8 ounces of fluid every 20 minutes. During longer periods of exertion, such as 90 minutes or more, some of what you drink should include a sports drink to replace lost sodium and other minerals (electrolytes).

Hydration After Your Run
After the run, you must rehydrate with water or a sports drink, taking in 20 to 24 ounces for every pound of fluid lost. Your urine should appear light yellow. If it’s dark yellow, you need to keep drinking fluids

PREVENTION

Know the Road
Understanding the specific trail type and terrain on which you will be running will help you avoid accidents or unnecessary stress for your ability.

Warming Up
Start by running at a slower, more relaxed pace and gradually work up to full speed. As the level of activity increases, the muscles burn more oxygen and their temperature rises.

Stretching
Stretch only after having warmed up; a cold muscle is more likely to tear when stretched.

Nutrition
Proper nutrition before and during your workout will help you maintain blood sugar levels and keep you adequately hydrated for peak performance.