

TIP OF THE MONTH

Running Pain? Check Your Shoes.

With spring in full force, many casual runners are spending more time running outside, and full and half marathon runners are in the midst of competition season. As the number of runners increase, so do training injuries



For many individuals, the source of their injury is wearing improper footwear.

When choosing shoes, many people make their selection based on price, color, or brand name. However, the biomechanical make-up of one's foot should be the ultimate decision maker on which shoe to purchase. This is a very important component in training preparation, as the right type of shoe may prevent injuries that would keep a runner from training.

Low-arches, or pes planus foot types will usually have a significant amount of mobility in the foot that will lead to overpronation. If there is not enough stability in the shoe to compensate for this, the increased internal tibial rotation may lead to injuries in the feet and knees. Patellofemoral pain, posterior tibialis tendonitis and metatarsal stress fractures are a few common injuries in runners with this foot type.

High-arches, or pes cavus, foot types do not have enough flexibility in the feet, leading to decreased ability to absorb the impact forces that are generated through running. This can lead to overuse injuries such as plantar fasciitis and Achilles tendonitis, in addition to risk for stress fractures.

There are four types of shoes that should be considered when purchasing the proper type of footwear: stability, motion-control, cushioned, and light-weight. Stability shoes are for mid-weight runners that have neutral pronation and low to medium arches. Motion-control shoes provide the most support for heavier runners that are moderate to severe over-pronators. Cushioned shoes are for lighter runners who have higher arches and tend to under-pronate. Lightweight or racing shoes are for neutral runners that want to concentrate on speed.

Some runners do not learn about this information until it is too late, and they have already developed an injury. If you have not done so already, ask your physical therapist for a biomechanical evaluation. There, you can learn about proper footwear, your foot type, and what type of shoes to purchase for the remainder of your running career.

For more information about common types of running injuries, click [here](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!

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“Values are like Fingerprints, nobody’s are the same, but you leave them all over everything you do.”

— Elvis Presley

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Smoothie

This smoothie recipe comes to us from our friend Evelyn in Virginia. It's healthy and delicious, so we couldn't help but pass it along!



Ingredients:

- 1 banana
- 1 cup Kale
- ½ cup frozen blueberries
- ¼ cup greek yogurt
- 1 tsp grated ginger
- ¼ cup ice
- 1 cup almond milk

Directions:

Put everything into a blender and process until smooth. Enjoy!



PT&Me Featured Article [Low Back Pain, There is Relief](#)

Low back pain affects nearly everyone at some stage of life and is one of the most common ailments seen in medical practices. It is referred to by many different names including lumbago, lumbar sprain or strain, slipped or bulging disc, degenerative arthritis, or...[more](#)