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Perfect Balance Clinic

FIVE MOST COMMON MARATHON INJURIES & TREATMENTS



ADVICE SHEET: FIVE MOST COMMON MARATHON INJURIES & TREATMENTS

Knees

Kneecap dislocation is one of the most common types of injury found in marathon runners. It is often caused by a number of reasons. Runners cannot go on with a vital race when such an unfortunate situation occurs. They need to stop immediately and seek medical advice.

This is a very uncomfortable situation for any kind of runner. Use of physical therapy to counter such problems is advised. This is a fast way of relieving pain in the affected area. You should however seek medical intervention too. A reputable Osteopath should be able to help.

Feet

Another common pain is also experienced in the foot. This is frequently referred to as neuroma pain. It is a form of pain that no one wants to experience in any case. It is also a problem that might not allow individuals to run.

The causes of this are also intricate in nature. It is, however, inevitable that you are going to be out of the final racing list if you are experiencing this kind of problem. It is characterised by numbness, burning, cramping in the foot and tingling sensations. Wearing of wider shoes has been used by a number of people as a possible treatment. You can, however, resort to the use of orthotics to effectively counter this problem.

The Hamstring

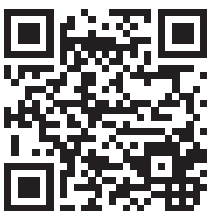
Hamstring injuries are also common in marathon runners. Those individuals concerned are also not going to be in the race if faced with this issue. You have to make sure that you are performing strength exercises to avoid this ailment. The affected athletes must seek medical aid from selected experts, such as a reputable Osteopath.

Ankles

You might sprain your ankle whilst on the fast lane to winning. The reasons or causes leading up to this unfortunate circumstance are also numerous. It normally happens without notice. You have to seek physical therapy to treat this kind of problem. Using ice to ease the pain on the affected area is also essential.

Toes

The other injury you might have while running is toe dislocation. This should not be a cause of concern. Using ice on the affected area will largely help. Physical therapy also helps a lot. An Osteopath or Physiotherapist should be able to advise.



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