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Shin Splints - A Runner's Handbook to Causes, Treatment & Prevention

Shin Splints also known as Medial Tibial Stress Syndrome (MTSS) + The differences, It happens to every runner sooner or later. After prolonged jogging or running, unfamiliar amounts of stress on your legs can result in a phenomenon commonly referred to as shin splints. These are shooting pains expe...

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Metatarsalgia - Ball of the Foot Pain

A runner and foot problems are like opposites, if you notice any foot symptoms it is worth your while reading this highly informative article, taking the advice offered and perhaps also consulting your doctor or physiotherapist. Metatarsalgia is an inflammation involving the ball of



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Pelvic Pain: A Runner's Perspective

Running is considered to be one of the best forms of exercises. Running can add many benefits to one's overall health. It is great for cardio, strengthening the bones and toning the muscles. However, too much running can severely cause a great amount of harm to the body. Proper stretching a...

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Quadriceps A Runner's Ultimate Strength: Stretches, Exercises and Injury Prevention

Running is an exercise that engages the entire body. It is a powerful compound movement that takes advantage of the balance and lower body strength of humans in order to cover long distances in short periods of time. Our bodies have evolved in order to run more effectively; it has enabled our ancesto...

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Muscle Strain - The Runner's Guide on Diagnosis, Treatment & Prevention

Prevent the strain and avoid the pain. If you get the pain, fix the strain. This article will tell you what to do. Any prolonged physical activity is guaranteed to cause injury at some point, with the likelihood increasing the longer you engage in that activity. As a full body exercise with full b...

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Compression Fractures and Kyphoplasty

Compression fractures can fracture your running plans, read this article for professional guidance. Running is one of the simplest and most effective exercises you can perform. It's effective because it engages the entire body at once, strengthening muscles as well as promoting cardiovascular heal...

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Plantar Fasciitis - Breakdown of Causes, Prevention & Treatment

We regularly revisit this page to top up information for you regarding the Causes, Prevention & Treatment of Plantar Fasciitis, enjoy our 2018 article. For many runners, there's nothing worse than feeling the first twinge of pain that signals an oncoming injury. One of the most common injuries ...

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Stress Fractures - A Runner's Approach to Diagnosis, Treatment & Prevention

2018 Will be a good running year for you in which you pursue your keep fit passion. Keep in mind that you can take pre-emptive care to ensure that no unexpected injuries happen which can interrupt a year of healthy and enjoyable running. A stress fracture can creep up on you or even happen without...

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Spondylolisthesis - A Guide on Diagnosis, Treatment and Prevention

2018 You are fit, healthy, strong and have a high endurance level but a spine injury can stop you in your tracks. Spondylolisthesis + How it affects Runners No one understands the joys of running better than a runner. There is a particular pleasure you experience when your body moves and aligns...

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Synovitis - The Runner's Guide to Diagnosis, Treatment & Prevention

If you notice any issues at a skeletal level, read this article and get real professional guidance from the advice it contains. Our bodies are all made up of small, intricate parts that combine to create a larger, complex organism. Nothing serves as a better reminder of this inter-connectivity than...

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Scoliosis: Curvature of the Spine


Etymology If you have any questions regarding issues related to the curvature of the spine, read this article for an in-depth understanding. The word Scoliosis, also known as kyphosis, spinal curve, back curve, structural scoliosis, functional scoliosis, and spinal muscle atrophy (abbrev...

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Plantar Warts - A Runner's Approach to Diagnosis, Treatment & Prevention



Plantar warts are very painful. For runners, there is a library of injuries that could derail workouts for days, weeks, and months. The repeated pounding on the pavement could lead to skin splits. A random stick or pine cone in the middle of the street could be the instigator of a sprain...

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Herniated Disc - a Runner's Guide to Diagnosis, Treatment & Prevention




If you suspect you have disc problems this article will help you. Etymology: The correct modern medical term "spinal disc herniation" comes from the Latin denotation of "prolapsed disc intervertebralis." Herniated discs can occur to anyone but can be especially induced by a sudden impact or inj...

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Sciatica - A detailed breakdown of Causes, Treatment & Prevention



This article will point you towards a full understanding for how to deal with Sciatica problems. Let's be honest, running is an enjoyable personal freedom. All across the world whether done competitively or for leisure, or both, for many it is an awesome feeling of liberation. This relief from str...

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Cuboid Syndrome Runner's Healing Time



Runners need to take immediate action when noticing any type of foot problems. Enjoy this article and learn all you need to know about these types of foot issues. If you are unfortunate enough to have any of the symptoms mentioned here then you will be on track to know what appropriate actions you mu...

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Coccyx Tailbone Injury: Runner's Guide to Treatment and Prevention

Etymology Coccyx derives from the Greek word kokkux, meaning the bird cuckoo because of its resemblance to a cuckoo's bill. Coccydynia means painful coccyx. The word is formed by the suffix -dynia which means pain from the Greek word odyne. When running, your entire body is engaged in phy...

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Concussion: Runners' Fall Recognizing Head Trauma Symptoms

Be safe, prevention is better than treating a serious concussion. Enjoy this article and know what to do to prevent or to get treatment. Running may not be immediately synonymous with head injuries, but runners often participate in other sports that carry the risk of concussion. Additionally, invi...

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Spinal Stenosis - All you need to Know

Stenosis- As we start to age our bodies begin to show the signs of wear and tear. For runners or athletes of any sport or season, this wear and tear can happen at a different pace than someone less active. Nonetheless, your body will change no matter what. Sometimes, the body gets weaker and can ...

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Lower Back Pain : Lumbago - Symptoms, Causes, and Treatment


Lower back pain can happen to anyone, most of the time it can result from strenuous activities like carrying heavy objects or by simply sitting in the office all day. Surprisingly, several researchers have discovered that there isn't any correlation between lower back pain in runners due to higher tr...

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Spinal Cord Injury: An analysis of Symptoms, Causes, and Treatments



If you even slightly suspect you have a potential spinal injury this article will point you in the correct direction for what you really must do. For runners, there is a multitude of injuries that can slow up your workouts or end them entirely. Many of the injuries are of the foot, ankle and knee ...

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Lumbar Lordosis - A Guide on Treatment, Prevention & more




The importance of guarding against spine problems is paramount. If you notice any aches or pains emanating from the spine, read this article so that you understand what to do. Introduction to L. Lordosis and LBP Given the very physically demanding nature of running, the body is exposed to a multi...

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Sacroiliac SI Joint: Dysfunction, Pain, Treatment, and Therapy



There is a great deal of depth and nuance to the sport of running, despite its simple nature. Almost the entire body is involved when running; each bone, muscle, and joint are responsible for handling some aspect of the running process. Some provide the mechanical movements, some bear the weight of t...

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Arthritis: Runner's Guide to Treatment and Prevention




If you suspect that you have any arthritis-related symptoms, this article will put you in the know for what you must do. Arthritis can plague runners at any age. Running is a popular activity for exercise and for leisure. A testament to its enduring popularity is the fact that so many individuals...

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Hemolytic Anemia from Footstrikes - A Runner's Perspective



Mechanical Hemolytic Anemia + How it Affect Runners In 1861, an Army physician observed a soldier who had just completed arduous and demanding field marches. In his case, the soldier was suffering from foot strike anemia: one of the many names for runner's anemia, March Hemoglobinuria. The main soul...

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