

A GP's Guide to Navigating the Rise of "Running Clubs"

A closer look at running conditions for World Running Day

Plantar fasciitis. Shin splints. Achilles tendinopathy. These are all conditions that plague regular runners.

Lighten your load and refer to physiotherapy for the answers.

No one is immune to the rise of "running clubs" in Australia. According to the ABS in 2022, nearly 8 percent of adult Australians participated in running or jogging regularly in the previous 12 months. This can only be assumed to have increased since.



A Closer Look at Runner's Conditions:

Foot Pain (Plantar Fasciitis) common symptoms

- Heel pain - the most prevalent symptom, is typically present after extended periods of rest or inactivity. The pain may also be worse after standing or walking for extended periods.
- Arch pain - some patients may experience pain in the arch of their foot rather than the heel.
- Stiffness - the affected foot will often feel stiff and on uncomfortable, making it challenging to walk or participate in activities that involve foot movement.
- Tenderness on palpation - is particularly prominent in the middle of the foot or the medial tubercle of the calcaneus

A Closer Look at Runner's Conditions (cont'd):



Shin Splints (Tibial Stress Syndrome) common symptoms:

- Leg pain - patients will experience pain along the front of their lower leg.
- Tenderness - this will be evident along the medial tibial border typically in the middle or lower 1/3 of the tibia
- Swelling - May or may not be seen but patients can experience a feeling of tightness due to swelling within the anterior or medial lower leg compartment
- Symptoms - Generally are of insidious onset and related to a change in intensity of activity .



Achilles Tendon Pain (Achilles Tendinopathy/Tendonitis) common symptoms:

- Pain in the heel and along the length of the tendon when walking or running
- Pain and stiffness in the area in the morning
 - Pain in the achilles tendon distally or at the insertion of the calcaneus
 - Difficulty standing up on one toe

Early and effective intervention with physiotherapy is the answer.

While the exact treatment protocols will depend upon the specific condition and patient's unique circumstances, physiotherapy is a highly effective treatment for these conditions. At **360 Physio**, we are committed to highly targeted interventions, personalised guidance, an intense treatment schedule for patients, digestible at-home-exercises and a holistic approach to get your patient from pain to performance as soon as possible.

Did you find this information useful?

Visit the **360 Physio Revesby General Practitioners Hub** for more valuable resources to empower your patient for better outcomes with physiotherapy.



Contact us to find out more about how we can help your patients reach their potential.

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