

Common Injuries Experienced by Runners

Running Physical Therapy in Corpus Christi

Welcome to Humpal Physical Therapy & Sports Medicine Centers patient resource about common runner injuries.

Correct treatment of an acute injury will minimize recovery time. Humpal Physical Therapy & Sports Medicine Centers can also help you prevent re-injury by teaching you how to sustain good posture and muscle balance, prescribing you a thorough stretching regime, and providing tips for running equipment selection.

Common Injuries Include:

- Ankle Sprain and Instability
- Achilles Tendon Problems
- Achilles Tendonopathy
- Plantar fasciitis
- Shin Splints
- Muscle Cramps
- Patellofemoral Problems
- Trochanteric Bursitis of the Hip
- Hip Stress Fractures
- Hamstring Injuries