

Runner's Tips – Putting Your Best Foot Forward...

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Experiencing foot pain or knee pain while running? Confused as to which type of running shoes to wear?

In the course of your running history, most of you will experience some type of pain, typically in the lower limbs. While your physiotherapist can diagnose and treat joint stiffness and muscle imbalances, there are instances when an assessment of your foot biomechanics will be beneficial to further your recovery and a return to running.

Runners exert a tremendous amount of force on the foot. While a “normal” foot can absorb some of these forces and reduce wear and tear of the lower limb joints, an “abnormal foot” (e.g. flat foot, high rigid arch, etc.) can create compensation further up the limb as well as increase wear and tear of the joints. Your physiotherapist can, at some point during your treatment, refer you to a certified and experienced Pedorthist. They can “step” in and provide additional information, suggestions and corrective measures (e.g. custom orthotics, shoe recommendations, heel lifts, heel cushions, etc.) to complete your recovery. At **fifth ave physiotherapy**, we work closely with our associates at **Orthotics in Motion** to facilitate your return to running. A certified Pedorthist is available for on-site consultation at the clinic every Thursday afternoon. Please call for an appointment.

Here is some food for thought:

- Due to the high impact experienced in running, stress fractures are often a reality for runners. Increased cushioning and support using proper footwear and/or orthotics can prevent or improve such fractures. Studies have shown that the mid-sole of a shoe can take up to 48 hours to regain its original shape. Alternating shoes and changing them often is key in avoiding fractures or joint pain.
- When you stand with your feet together, is there a considerable space between your knees? If so, you have what is called “tibial bowing” or bow-legs! This misalignment will cause compensation into your feet/ankles as well as increased stresses to the outside structures of

your lower limb (ITB, Gluts, etc). Your running shoes will also show an abnormal/premature wear pattern. Under these circumstances, a runner can experience pain anywhere in the lower limb (feet, ankles, knees, hips, low back). A correct diagnosis from your physiotherapist can pinpoint corrective stretches/exercises to restore muscle balance as well as refer you to a pedorthist for an assessment where a custom-made orthotic can minimize future stresses due to your unique mechanics.

Happy running!!