



Musculoskeletal injuries of athletes

For athletes and coaches

The most common injuries of the runner are :

- Patello-femoral pain syndrome. (runner's knee)
- Achilles tendinopathy
- Iliotibial band syndrome

These problems may affect up to to 24% runners.

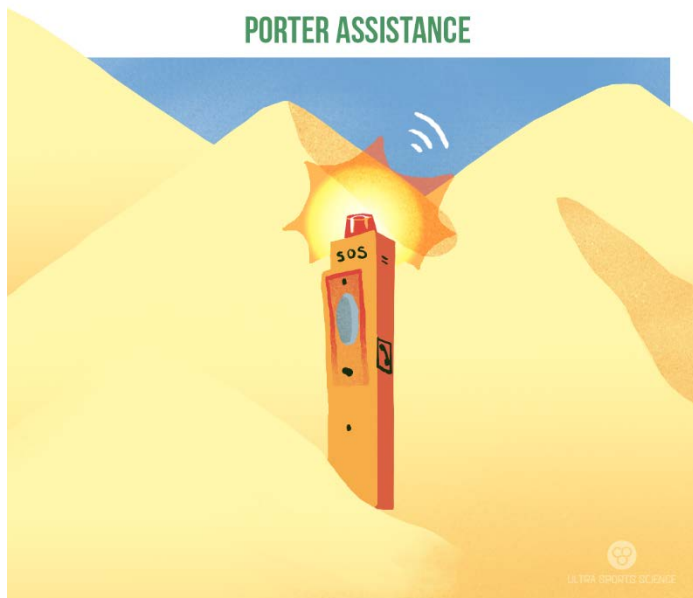
A variety of other injuries may be present such as:

- Plantar fasciitis,
- Tendinopathies of the dorsal flexors,
- Patellar tendinopathies,
- Medial tibial stress syndrome,
- Quadriceps lesions,
- Trochanteric bursites,
- Psoas bursites,
- Tendinopathies of toe extensors,
- Ankle sprains
- Lesions of the gastrocnemius,
- Tendinopathies of the hallux extender, fibulars, lesions of the anterior tibial.

To avoid these injuries, several points should be considered:

- Prevention of overtraining (mainly by reducing the weekly mileage with adequate rest sessions)
- Work gradually downhill work to avoid pathologies in the knees
- Proprioception work, in particular to train ankle flexion.
- Pay attention to the choice of shoes
- Make a correction by a podiatrist if necessary
- Do not run only on hard but varied surfaces
- **Do not take non-steroidal anti inflammatory drugs, they are risk factors for injuries.**

PORTER ASSISTANCE



Je porte assistance à tout autre compétiteur en difficulté qui aurait besoin de mon aide.

SOUSCRIRE À UNE ASSURANCE



Je souscris à une assurance adaptée aux risques de la pratique de mon sport (Couverture des frais d'hélicoptère).