



Injured running?? THANKYOU Dr Google and Dr Forum.

For many people who experience a toothache, or whose car breaks down they seek the support of a qualified specialist to rectify their problem. However with the availability of the internet and the ease of 'googling' symptoms, it is not uncommon for individuals to become their own pseudo doctor or physiotherapist when it comes to injury.

Most days I will review a patient who has either self diagnosed, self managed, or has been informed by a well meaning friend how to treat their pathology/injury. Far too often runners prolong the best course of action as a result of this, potentially worsening an injury that results in lengthy periods of rest and rehabilitation.

Injury unfortunately is far more complex than what it often appears. Some things are straight forward, but it becomes very important to have an injury properly assessed by a health practitioner who is skilled and trained to do so. There is great importance placed on making a clinical decision which is done so after collecting a number of different pieces of information which includes; patient history, assessment of pain, flexibility, strength, tenderness, stiffness, quality of movement, biomechanics, and balance to list a few. Occasionally referral for scans is also needed to determine, confirm, rule out or clarify a diagnosis.

Running is a great part of many of our lives, which unfortunately at times may be interrupted by injury. Injury doesn't discriminate between people and can affect elite runners, as well as amateur and beginner runners. What injury does have in common is that no matter what type of runner you are, injuries can hang around or worse reoccur unless there is appropriate intervention and management. If you break down with an injury, see your physiotherapist for a consultation. Timely treatment and management should minimise your time away from running. Whilst there is a wealth of information available at a click of a button don't become your own "Dr Google".



If you have any injury concerns that are affecting your ability to train and compete don't hesitate to contact me for a consultation on 9523-0630 or email kevin@dynamic-performance.com.au.