

Holy Cross Running Medicine



Running / Jogging is a fun sport and a great way to relieve stress and stay in shape. There are, however, some key issues to be mindful of whether you are an experienced runner or a novice. Running can place very unique stresses on the body from your neck to your feet. Many running-related medical conditions are due to poor mechanics and overuse of some part of the musculoskeletal system.

The Holy Cross Running Medicine team is well trained and equipped with the necessary tools to help diagnose abnormal biomechanics that may cause pain during or after running. One of the commonly used diagnostic tools is a video gait analysis which helps hone in on specific segments of gait patterns to determine if they are normal or abnormal. Following the diagnosis, the team may recommend specific exercises or gait pattern changes to improve running mechanics and reduce mechanical stresses.

During the gait evaluation process you will receive:

- A biomechanical breakdown of your gait via video analysis
- Physician evaluation of the area to be addressed
- Verbal communication to address biomechanical deficiencies
- Strengthening exercises and possible physical therapy referral
- Recommendations on appropriate footwear
- Educational materials highlighting common areas of concern for runners and potential corrections

Below are some of the more common conditions the Running Medicine Clinic can address:

- Runner's Knee (Patellofemoral pain)
- Shin Splints (Lower Leg Pain)
- Quadriceps or Hamstring Tendonitis/Strain
- Hip or Gluteal Pain
- Foot Stress Fractures
- Plantar Fasciitis
- Achilles Tendonitis
- Low Back Pain
- Many More...



If you are experiencing any of these conditions or some other form of pain during or after running, a video gait analysis may help identify the source of your problem and lead to a effective solution to your problem. The team may also recommend some slight modifications to your running habits and/or mechanics to help reduce stress in a painful area to keep you racing or just running.

For more information please contact:

Holy Cross Sports Medicine
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