

## BACK TO RUNNING

If you are a runner, no doubt you have had some type of injury in your running history. Runners most commonly suffer from IT-Band Syndrome, Patellar Femoral Pain Syndrome, Patellar Tracking issues, Posterior Tibial Tendonitis, "Shin Splints", and Plantar Fasciitis. These conditions can be significantly reduced with proper treatment. MSOC has a successful program to diagnose and treat these injuries on-site.

### Common Sites of Pain from Running:

**Shin** - either front or back of calf

**Foot** - arch and heel dominantly

**Knee** - surrounding kneecap or along joint line

**Hip** - outside of thigh and groin

Three phases of healing have appropriate interventions that can be addressed at each. These phases are 1) Acute Inflammatory Phase is the first 72 hours after injury. Reducing inflammation is key. Regenerative Phase (2) occurs day 3 to several months. Here the goal is to correct factors that led to your injury. Lastly, (3) tissue remodeling lasts 6 months to a year and focuses on prevention of re-injury with return to sport. At MSOC we can use any or all of the following interventions to get you back running pain-freely.

### Doctor Visit(s):

On your visits with the doctor, they will identify what is actually causing your pain and symptoms to verify a working diagnosis. Often radiographs and/or diagnostic imaging are used to confirm any injured structures.

### Physical Therapy Interventions:

**1. Patient Education** – information is key to avoid common pit-falls. We explain the reasoning behind the how and why of interventions, to aid in your recovery.



*Many people think that rest is the best remedy after running injuries. Often a thorough examination and prescribed physical therapy helps runners regain their personal best performance sooner and avoid repeat injuries.*

**2. Orthotic Fabrication and Shoewear Analysis** - recommendations will be made by looking at foot type, shoewear pattern, and running type. Orthotic correction helps with supporting the foot needed for shock absorption. Customized orthotics are constructed in-house for quick and easy use.

**3. Gait and Running Analysis** - Poor running mechanics are screened in clinic to target any causative factors with your walking or running gait.

**4. Exercise and Flexibility Training** - a personalized strengthening and stretching program will be developed guided by what is found lacking on physical evaluation.

**5. Guided Return to Running** - We address several factors starting with training errors. We guide you through changing one variable at a time to know what helps or hurts your recovery. We also use a graded

return because injury/re-injury occurs in the first 4-6 months of running.

At MSOC's on-site physical therapy facility, physicians have daily contact with PT staff to better monitor and manage patient progress toward your running goal quickly and safely!

# MSOC

Michigan  
SportsMedicine and  
Orthopedic Center

### OUR PHYSICIANS:

John K. Anderson, M.D.  
John K. Morris, M.D.

### OUR SPECIALTIES:

Orthopedic Surgery  
Physical Therapy  
Sports Fitness

# COMPREHENSIVE CARE FOR ALL RUNNERS

## Physicians specializing in sports medicine:



**Dr. John Anderson** began his medical career as a physical therapist, completing his training at the University of Michigan before attending Northwestern Orthopedic Surgery residency program in Chicago, Illinois. Dr. Anderson followed his residency with a fellowship at the Cincinnati Sportsmedicine and Orthopedic

Center under the direction of Dr. Frank Noyes. Since 1995, Dr. Anderson has developed an orthopedic practice with a Sports Medicine emphasis.



**Dr. John Morris** is a board-certified orthopedic surgeon since 1978. Dr. Morris's interests include general orthopedics, arthroscopy, surgery of the shoulder and knee, primary total joint replacement, and sports injuries. A graduate of the University of Michigan Undergraduate and Medical Schools, He completed a surgery internship and residency

in orthopedic surgery at the University of Michigan Medical Center, where he has been a clinical instructor in orthopedic surgery.



## In-office physical therapy facility:

The physical therapy team works closely with our physicians to develop a comprehensive treatment program. MSOC's extensive exercise equipment, our hands on approach, and our level of expertise allow us to help runners return to running.



**Deanna Welch** holds her masters degree in physical therapy from Grand Valley State University and has a special interest in sports medicine. Her years of experience, specialized training, and individual hands on approach has enhanced the recovery of post surgical patients, as well as, patients with

sports and work related injuries. Through manual therapy, exercise programs, and patient education Deanna has been able to help her patients return to prior activity levels as quickly and safely as possible.

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Michigan SportsMedicine and Orthopedic Clinic

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