

DIFFERENT STRESSES LEAD TO DIFFERENT INJURIES

Clinical observations suggest that different types of mechanical stress lead to different running injuries. Load injuries develop after training sessions in which mechanical loads were above what is usually tolerated: running faster, jumping higher, climbing more hills, etc. Repetition injuries arise during or after trainings in which the same movement is repeated too many times. Increasing running mileage or the duration of the long run, often on the road, are more likely to lead to such injuries. Finally, range of motion injuries are more often seen after tissues have been stressed in joint positions that were different than usual. Fast downhill running is a good example, given that the lumbar spine is submitted to greater degrees of extension. Thus, increasing downhill running speed beyond the capacity for adaptation can irritate the low back joints. Understanding the association between injuries and stress types is important to provide guidance to injured runners.

