

# COMMON RUNNING INJURIES

## ACHILLES TENDONITIS

When the tendon connecting the calf muscle to the heel bone becomes inflamed from overuse.

## STRESS FRACTURE

When the bones in the shin, foot, or hip develop tiny cracks from too much running on hard surfaces.

## IT BAND SYNDROME

When the thick band of tissue that runs along the outside of the leg becomes inflamed from overtraining.

## BLISTERS

When a small pocket of fluid develops between the upper layers of skin due to friction. Can lead to infection if punctured.



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# Cures For Common Running Injuries

**RJ Alexander**



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