

第46回東伏見スポーツサイエンス研究会

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場所 早稲田大学79号館(STEP22)201教室

Title

Exertional Leg Pain in the Runner

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Running has become a very popular form of recreational activity. As the results, injuries to the lower extremities are frequently observed. Among many types of running related injuries, exertional leg pain with running can often be a challenge. Diagnoses of exertional leg pain range from periostitis, stress fractures, exertional compartment syndrome, and popliteal artery entrapment. There are specific steps to evaluate injured runners including radiographs and MRI. Vascular issues may mimic or coexist with compartment syndrome and should always be evaluated. Also, compartment testing should be considered.

In addition to clinical evaluation, a gait analysis is crucial to understand the cause of the symptoms. For most diagnoses, after the treatment of the injury, a good gait analysis is useful and often gait retraining may alleviate the symptoms. Furthermore, there have been some novel new treatments that may be considered such as botox injections for compartment syndrome.

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