Evaluation of the Injured Runner: A practical approach

- Disclosures
- Objectives
- Running Demographics
  - Injury Incidence
- History
  - Standard PMH
    - Include screening for “female triad”
  - Previous Running Injuries
    - Stress injuries
    - Tendinitis
    - Sprains
    - surgeries
  - Running-Specific Questions
    - Risk Factors
    - Training Patterns
    - Running Goals
- Standard OPQRST
- Physical Exam
  - Identification of primary pain generator
  - Identification of involved biomechanical factors
  - Screening gait evaluation
  - Standing examination
    - ROM
    - Strength
    - Balance
    - Provocation Tests
  - Seated examination
    - ROM
    - Knee
  - Supine examination
    - Inspection/Palpation
    - Hip examination
    - Knee examination
    - Core stability assessment
  - Side-lying examination
  - Prone Examination
  - Shoe assessment
  - Running analysis