



Where is Prevea Sports Med?

Wednesday, February 10
UW-Green Bay Kress Center
6:30 – 8:00 p.m.

Solutions for Shoulder Pain

presented by Padraic Obma, MD and Pete McMahon, PT, LAT

Pre-registration is required. *

Wednesday, March 3
Titletown Brewing Company
7:00 – 8:00 p.m.
Pints & Pointers: First Timer's
Session (AKA, There Are No Dumb
Questions)

Registration is not required.

Wednesday, March 10
St. Norbert College
F.K. Bemis Conference Center
6:30 – 8:00 p.m.

Knee Injury in the Athlete

presented by Padraic Obma, MD and Megan Pfarr, DPT

Pre-registration is required. *

*To pre-register, call (920) 272-1563 or
visit www.prevea.com/psm.nws and
click on Community Calendar.

Prevea Athletic Trainers Proudly Serve

- Ashwaubenon High School
- Freedom High School
- Luxemburg-Casco High School
- Notre Dame Academy
- Oconto High School
- Oneida Nations High School



Running Pains?

Are you a runner? If so, you may have recently increased your mileage, started preparing for the [Cellcom Marathon](#), or run only on Saturdays at the [Prevea Training Runs](#). Whatever your training regimen may be, you may be experiencing foot, heel or lower leg pain. Plantar fasciitis and shin splints are common diagnoses for this pain. Below are explanations of each and treatment tips you can easily perform at home.

Plantar Fasciitis

The plantar fascia is a band of tough, fibrous connective tissue on the bottom of the foot that runs from the heel to the bases of your toes. It helps support the arch of your foot and acts as a shock absorber. When this tissue becomes inflamed, it results in either dull, intermittent pain or sharp, persistent pain in the foot or heel. It is generally the worst in the morning with the first few steps after getting out of bed.

The pain from plantar fasciitis most commonly starts on the bottom of the heel. As the injury progresses, pain leaves the heel and moves to the bottom of the foot just in front of the heel. Because the pain is on the bottom of the foot, the natural response is to walk on the toes or the outside border of your foot, avoiding pressure directly on the heel. Unfortunately, walking this way exacerbates the injury, making plantar fasciitis a condition that can take a long time to heal.

Treatment options

Rest - Decrease or modify activities for the first month of treatment; use pain as your guide.

Ice or ice massage - Ice for 10 minutes directly on the area of pain after stressful activities, home exercise programs, or a long day on your feet. This helps control inflammation and pain.

Exercises - Stretching the heel cord and calf helps to stretch the plantar fascia.

Calf stretch - Start in push-up position. Place left foot over right heel, balancing weight on the ball of your right foot. Push right heel toward floor. Repeat with opposite leg. Keep your back straight through the entire stretch. Perform twice for twenty seconds.



Cushion - Place a pad in the heel of your shoe that is soft, but sturdy enough to keep the heel elevated. The added cushion reduces the amount of stress across the plantar fascia and makes walking more comfortable, allowing healing to occur.

Medication - Over-the-counter anti-inflammatory drugs help control pain and decrease swelling. Follow your healthcare provider's recommendations.



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Shin Splints

Shin splints is a general term that is often used to describe pain in the lower leg. It usually occurs along the inside bottom one-third of the tibia (shin), although it can occur on either side of the front of the lower leg. It is very common for runners and other athletes to get shin splints.

Tips to avoid shin splints

- Proper training and technique is crucial. Prevea Sports Medicine offers a [video assessment](#) of your running technique. This helps identify improper or inefficient movement patterns. To schedule your personal, two-session evaluation, please call (920) 496-4750 ext. 4750.
- Gradually increase your mileage. [The Prevea Training Run calendar](#) is a great tool to use. Following this training program can help avoid shin splints.
- Vary your routine with cross-training and other cardiovascular exercises such as biking, swimming or pool running.
- Limit the amount of running you do on uneven road surfaces and avoid tight corners, as these increase the workload on your feet and legs and can lead to inflammation.
- Faulty biomechanical alignment in your feet can also lead to shin splints. Runners who are over-pronators (those with flat feet) need to be in a stability/motion control shoe, while those with high arches need to have a cushioning shoe. A custom foot orthotic (shoe insert) may be necessary depending on the severity of your biomechanical faults.

Treatment options

Ice or ice massage - Ice for 10 minutes directly on the area of pain after running, cross-training, or performing a home exercise program. This helps to control inflammation and pain.

Cross-training - Reduce the amount of running but continue to train with other low-impact activities such as biking, pool running or swimming. This will allow the shin splints to heal while maintaining cardiovascular endurance.

FREE Injury Consult Clinic

If any of the treatment options don't help to improve your symptoms, or they get worse, please visit Prevea Sports Medicine's FREE Injury Consult Clinic. An athletic trainer will evaluate your injury and provide recommendations for treatment or further evaluation. For more information or to schedule an appointment for the Injury Consult Clinic, please call (920) 496-4750 or visit www.prevea.com/PSM.nws.

We want to hear from you.

Prevea distributes *In The Game* as an educational sports-related tool for you. We want to make sure we are providing you with what you want to read about. Take a moment to tell us your thoughts about Prevea Sports Medicine's *In The Game*. Your feedback will help determine the content, frequency, and distribution of future issues.

Respond by February 19, 2010 for a chance to win a \$100 Run Away Shoes Gift Card. Visit www.prevea.com/PSM.nws to take the one minute survey.