COMMON LOWER LEG OVERUSE INJURIES IN RUNNERS
(2.5 CE HOURS / .25 CEUs)

PDH Academy Course #PT-1603

Course Abstract
Despite its popularity and positive impact on health, running comes with a host of associated
injuries which may treated by physical therapists.  This course focuses on recognizing and
rehabilitating overuse injuries commonly experienced by runners of both sexes, of all ages, and
of all levels of running experience.

NOTE: Links provided within the course material are for informational purposes only. No
endorsement of processes or products is intended or implied.

Approvals
To view the states who approve and accept our courses, CLICK HERE.

Target Audience & Prerequisites
PT, PTA – no prerequisites

Learning Objectives
By the end of this course, learners will:

  Correctly distinguish between extrinsic and intrinsic risk factors to overuse injuries over 3
  scenarios
  Correctly associate biomechanics with the phases of a running cycle over 6 scenarios
  Correctly distinguish between 3 biomechanical issues associated with overpronation and
  underpronation
  Correctly recall 8 considerations pertaining to examining, choosing, and fitting running
  footwear
  Correctly identify common overuse injuries over 10 scenarios
  Correctly recognize statistics, causes/symptoms, and management/treatment options
  relating to overuse injuries

Timed Topic Outline
I. Introduction and Foot Biomechanics During Running (15 minutes)
   Contact Phase, Midstance Phase, Propulsion Phase
II. Overpronation, Underpronation, and Running Footwear (15 minutes)
III. Overuse Injuries and Syndromes (100 minutes)
Plantar fasciitis; Achilles tendinopathy (Achilles tendonitis); Posterior tibial tendon dysfunction/tendonitis; Patellofemoral pain syndrome; Metatarsalgia; Medial tibial stress syndrome; Iliotibial band syndrome

IV. References and Exam (20 minutes)

Delivery Method
Correspondence/internet self-study with a provider-graded multiple choice final exam. To earn continuing education credit for this course, you must achieve a passing score of 80% on the final exam.

Cancellation
In the unlikely event that a self-study course is temporarily unavailable, already-enrolled participants will be notified by email. A notification will also be posted on the relevant pages of our website.

Customers who cancel orders within five business days of the order date receive a full refund. Cancellations can be made by phone at (888)564-9098 or email at support@pdhacademy.com.

Accessibility and/or Special Needs Concerns?
Contact customer service by phone at (888)564-9098 or email at support@pdhacademy.com.

Course Author Bio and Disclosure
Jeffrey Larson, PT, ATC, is the director of physical therapy at the Tioga Medical Center in Tioga, ND. He is a graduate of North Dakota State University and the University of Utah. He holds degrees in both athletic training and physical therapy. He is also a medical writer and founder of Northern Medical Informatics, a medical communications business that he operates with focus on continuing education for the allied healthcare professions as well as consumer health education. He is a member of the American Physical Therapy Association and the American Medical Writers Association.

DISCLOSURES: Financial – Jeffrey Larson receives a consulting fee as an author of continuing medical education for Northern Medical Informatics, and received a stipend as the author of this course. Nonfinancial – No relevant nonfinancial relationship exists.