



THE RUNNING PLACE

Newtown Square, PA



COMMON HIP INJURIES

and how to prevent them

By Bobbi Kisebach, LMT

The beginning of summer is a glorious time: beautiful weather, birds singing, and daylight well into the evening. A season of races, pick-up ball games, and hiking on trails—then, OUCH!!

As a sports massage therapist who's been working with athletes for 18 years, I'd like to offer suggestions on how to avoid some common overuse injuries. Overall fitness and strength is the key to avoiding injury, along with a balanced training program and good knowledge of when rest is advisable. Here are two common overuse injuries, some of their causes, and how to treat and avoid them in the future.



Superfeet Orthotics

PIRIFORMIS SYNDROME

The **piriformis** muscle moves each hip to the side and is also a stabilizer of the hip joint. Piriformis syndrome presents as an ache you can easily point to in the middle of the buttocks, sometimes with radiating pain down the back of the leg. The piriformis can get overworked from running, stair-climbing, squats, and postural concerns. Pronation (flat feet), lordosis (sway back), and pregnancy recruit the piriformis to stabilize the pelvis; sitting for long periods can shorten the piriformis.



The Orb by Pro-Tech

Pronation can be corrected with proper footwear and/or orthotics, which also may help with sway back and offer better support while pregnant. Whenever sitting for long periods, the key to overall comfort and health is to move as often as reasonable, even as little as a minute every hour or two. Another easy way to remedy piriformis aggravation is to remove your wallet from a back pocket.

Your physician can rule out disc and spine conditions and prescribe muscle relaxants, physical therapy, and massage. Chiropractic care may help to realign the spine and the sacroiliac joints, allowing the muscles being pulled by the rotated vertebra or joint (including the piriformis) to relax.

Contrast applications of heat and ice are effective treatments to increase circulation, bringing in oxygen and nutrients and flushing wastes. Try ten minutes of ice, then heat, repeat, and always finish with ice. To relieve a piriformis spasm, lay face up with a ball under your butt right at the area of tension until the muscle "melts." If you feel numbness or tingling down your leg, stop the activity as you might be compressing the sciatic nerve.

For tips on stretching the piriformis, go to: <http://www.sportsinjuryclinic.net/sport-injuries/hip-groin-pain/piriformis-syndrome/stretching-piriformis>

Continued on Page 2

UPCOMING EVENTS:

Saturday, June 4th
St. Dot's Challenge 5k
Drexel Hill, PA

Sunday, June 5th
10th Annual
Chestnutwold Chase 5k
Ardmore, PA

Monday, June 6th
Monday Night Run
and Pizza Night
The Running Place

Saturday and Sunday,
June 11th and 12th
Sidewalk Sale
The Running Place

Friday, June 17th
37th Annual
Media 5 Mile Race
Media, PA

Sunday, June 19th
14th Annual Gary Papa
Father's Day Run
Philadelphia, PA

Monday, July 4th
Broomall Rotary's
7th Annual Firecracker 5k
Broomall, PA

JUNE PARADE DISRUPTION

Saturday, June 4th
10am - 12pm

On Saturday, June 4th, the Newtown Square Fire Department will be celebrating their 100-year anniversary with a parade on West Chester Pike. This procession will block our parking lot entrance from approximately 10 a.m. - 12 p.m. **We will still be open from 10 a.m. - 6 p.m.**

saucony

RUNPOPS

Coming July 1st!



Your favorite Saucony running shoes in RunPop colors will be revealed at The Running Place on July 1st. Check out Saucony's Triumph, Ride, Guide, Hurricane, Omni, and Kinvara in fun, new 'Popsicle' colors!

The Running Place and Saucony proudly support the Broomall Rotary Firecracker 5k. We will have RunPops on display on race day as well. Stop by our tent to say hi and take a look at the RunPops. If you register for the race, you will be eligible to win a pair of Saucony running shoes of your choice.

SOCK SPECIALS

Now thru June 18th

FEETURES

Buy 3,
Get 1 FREE!

THORLO SOCKS

Buy 1,
Get 1 Half Price!

WRIGHTSOCK

Buy 3,
Get 1 FREE!

SIDEWALK SALE

Saturday, June 11th and Sunday, June 12th

- **Select running shoes 20% - 60% OFF!**
- **Blowout sale on select apparel and accessories!**
- **Shop early for best selection!**

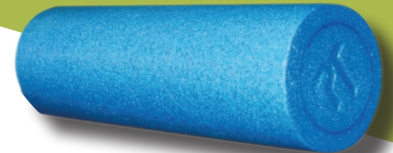
Open Saturday 10 a.m. - 6 p.m. and Sunday 11 a.m. - 4 p.m.

Common Hip Injuries continued from page 1

ILIOTIBIAL BAND (ITB) SYNDROME

In the space between the hip and knee, there is a tendon called the **iliotibial band (ITB)**. The lateral hip muscles flex the hip and stabilize the hip and knee at footstrike. When the lateral hip muscles are tight, they pull on the ITB, which may become inflamed and thickened with adhesions. This tight tendon then rubs over and compresses the side of the knee, causing pain known as ITB syndrome. When only one hip or knee

Foam Roller



If the pain isn't severe, you can continue running but should minimize your distance and avoid hills and uneven or sloping terrain. When you sit, get up as often as you can. Sleep on your unaffected side with a pillow under the affected knee, keeping your hips square to each other. Massage, stretch, and then apply ice. Check your posture and your running biomechanics. If the pain is severe, or doesn't easily resolve, see your sports physician.

How to avoid ITB issues: Core strength, forearm planks, and single-leg balancing exercises will help. Studies indicate that strengthening the abductors is more beneficial at reducing ITB occurrences than either rest or stretching. [See more exercises here: http://runnersconnect.net/running-injury-prevention/it-band-injury-runners-stretches-exercises-treatments/](http://runnersconnect.net/running-injury-prevention/it-band-injury-runners-stretches-exercises-treatments/)

Enjoy this beautiful weather, keep your core and glutes strong, and stay healthy!

Bobbi is a licensed massage therapist who has practiced corrective massage since 1998. She also works at The Running Place and loves helping customers find the right shoes and utilizing her wealth of knowledge to respond to their running and injury questions. To schedule a massage, call Bobbi at 610-304-5248. For shoes, come to The Running Place.

The Stick



is sore, look for possible causes of imbalance such as running only one way around the track, walking on the sloping shoulder of the road, or weaker abductors on the affected side.

I recommend sports massage to soften and work out the adhesions of the lateral hip muscles and the ITB. The therapist should also address the hamstrings, quads, and calves, as they all may be involved. You can use a massage device like "The Stick" or a foam roller to address the adhesions. Ice the area at the knee and at the side of the hip.

New Faces at

THE RUNNING PLACE

If you have visited us during the past year, you may have already met some of the new staff at The Running Place. We are always looking for dynamic people with varied experience to add to our team. Meet the newest additions to our crack staff:

ROB GRAFF



Rob Graff has been running for more than 20 years and was a member of two PA state cross country championship teams at The Haverford School. Rob has recently set the goal of completing his first marathon at Rehoboth, Delaware in December. His goal: 3 hours, 30 minutes.

Rob has been a customer of The Running Place since 2003 and understands the importance of a good fit and proper support in athletic footwear. Rob is a former certified personal trainer with a Senior Fitness Specialist Certification.

Julie Thompson began running at age 8 in a community running club in Reston, VA, and spent many childhood weekends cheering for her dad in races from 5k to marathon. In middle school, she ran the 800 for her suburban Pittsburgh school track team and competed in local 5K races. After getting injured while training for the Pittsburgh Marathon in her twenties, she took a break from running for more than a decade. She returned to running at age 40 when she and her husband Daniel and their three kids moved to Athens, GA. There she trained for half marathons with a coach who had a vision to start a running club. Julie served as

JULIE THOMPSON



the founding president of Athens Road Runners, which grew to 400 members in less than 2 years.

Julie loves the sense of community that runners offer each other. It reminds her of another community where she spends most of her week -- the church. She is an ordained Presbyterian minister and currently serves as Interim Pastor at First Presbyterian Church of Springfield, Delaware County.

Laura Harrison started running at age 50 in order to start exercising and losing weight. She says, "The smartest thing I did was join JoAnn Meyer's Runstrong running group. Her system definitely worked for me!" Laura has completed several 5ks and has lost about 15 lbs. She sees the possibility of a few more 5ks in her future and definitely wants to try an 8k.

Laura has a background in retail sales, so working at The Running Place has been a great way to get back into the workforce after raising 3 kids for 20+ years. The kids are now 23, 22 and 16. In her spare time, she is active in her church and also does hiring as needed for her husband's company, Bradley Communications.

LAURA HARRISON



Laura has enjoyed being a customer and employee at The Running Place: "The staff and the customers at The Running Place are incredible! It's a fun place to work!"

Jenna Evangelista is the newest member of The Running Place team. Jenna brings a BS in Exercise Science and experience as an intern in Cardiac Rehab at Main Line Health to the portfolio of credentials that The Running Place staff offers. Jenna was a member of the track and cross country teams at Eastern University, and began her own personal coaching business, Max Running Co, while still in college.

The business grew out of success she had bringing herself around to a healthier, fitter lifestyle. Her success inspired friends whom she guided on a similar path of health and fitness. As friends told friends who told others still, Jenna found that she had a growing network of advocates to support a potential business. In addition to working at The Running Place, Jenna continues to grow Max Running Co.

Jenna hopes to qualify for the Boston Marathon when she runs the Philadelphia Marathon in November.

JENNA EVANGELISTA



Don your red, white, and blue running gear and come to the **Broomall Rotary's 7th Annual Firecracker 5k** to celebrate America's independence. The race course runs out and back on West Chester Pike from the Broomall fire station and leads the annual Marple-Newtown 4th of July parade.

This race has the best age group awards around! There are eight age group categories for men and women, and prizes include Tifosi sport sunglasses and Saucony gear. All runners will be eligible for free raffles and the chance to win Saucony shoes, gift cards, and more!

You can't win if you don't run! Register online or in person at The Running Place. For more information, visit the race website: www.firecracker5krun.com.

find us on | facebook

In addition to this quarterly newsletter, we also send out a monthly e-mail and frequently post updates to our Facebook page and Instagram. Stay on top of all that's happening at The Running Place. Like us on Facebook and follow us on Instagram. Sign up to receive our monthly e-mail: www.the-running-place.com.

SAVE THE DATE!
August 21, 2016

RADNOR RED 5k
RUN Steeplechase



**Horse Jumps, Water Pits,
Cross Country Trails & Fun!**

Course is USA T&F Sanctioned and part of
Mid-Atlantic Association's Off Road Running Series.

For more information:

www.radnorredsteeplechase.org
www.fasttracksrunning.org

MONDAY NIGHT RUNS
from The Running Place

Are you looking for running partners?

Join us on Monday nights for our weekly group run. All levels are welcome, whether you are following a walk/run program or winning races and age group awards. We leave from the store promptly at 6:45pm.

*If you need even MORE motivation,
on the first Monday of each month,
we will treat all Monday night runners
to PIZZA immediately following the run.*

THE RUNNING PLACE
3551 West Chester Pike
Newtown Square, PA 19073

**WE'VE
MOVED!**



SUMMER Savings!

\$10 off
Any Purchase*

* Present this coupon with your purchase of \$25.00 or higher. Cannot be combined with other coupons or special offers. May be used on sale items. Prior sales excluded.

Expires 6/30/16



Excluding Brooks Products

610-353-8826 • www.TheRunningPlace.com • 3551 West Chester Pike • Newtown Square, PA