Hip pain running reddit

When you run, you can take up to 200 steps every minute [source: Sundquist]. Each step makes an impact that sends strong energy through the legs, ankles, shins, shins and knees. The force is transmitted to the hips, and even to the abdomen and lower back. Ultimately, all these impacts will inevitably cause some pain. For serious runners, running pain is inevitable; Start or recreational runners have their own pain problems to deal with. You can't go through the pain, though. The key to management is knowing the difference between a temporary pain, pain serious enough to employ ice and compression, and something that requires a doctor's visit. More importantly, what can a runner do to minimize running pain and avoid the most serious running injuries? We will take a look at the 10 most common causes of running pain and deal with them. Advertising Contents Contrary to popular belief, lactic acid is not a residual product that accumulates in the muscles during vigorous exercise, which leads to fatigue and stiff, inflamed muscles. This is a distorted and inaccurate version of the real story. Indeed, pain comes from a substance called lactate that is involved in muscle function (lactic acid is a different chemical compound that does not come into play). Rather than a residual product, lactate is an important step in the production of energy needed to feed the muscle. The breakdown of glucose to produce energy creates an acid called pyruvate. Pyruvate eventually turns into lactate, most of which are converted into energy. The rest turns into glycogen, another key element in the process of building muscles. Advertising Problems occur when you exercise a lot and produce too much pyruvate (and lactate) for the body to convert quickly enough [source: Morris]. No one is entirely sure this causes muscle fatigue during exercise, although a common theory suggests that hydrogen ions released into the bloodstream increase acidity and lead to fatigue. One thing we know: Dairy does not cause post-exercise pain. That comes from muscle injuries resulting naturally from intense workouts. Everyone gets upset when they exercise. The pain you usually feel the next day comes from microscopic tears in the muscle fiber. Restoring muscle damage creates bigger and stronger muscles. In other words, pain is not just normal -- it's necessary. Sometimes, however, the pain seems particularly severe and lasts for days. That's probably delayed onset muscle pain (DOMS). It can be quite uncomfortable, but it's not a serious problem. In fact, it is caused by the same factors as usual -- just worse. It usually happens when you perform new exercises at relatively high intensity, so it tends to hit especially hard beginners. Muscles build resistance to DOMS with multiple sessions [source: Sarnataro]. Advertising Advertising Runners who can't shake burn after a day or two can try some massages or light exercise. Some runners just suggest running a little more; that could suppress discomfort and help muscles build endurance faster. Plantar fasciitis is a condition that many often associate with middle age, but certain hobbies -- it would be running -- can lead to this debilitating heel pain much earlier in life. The condition usually appears as a serious, sharp pain in the heel. It is the most severe first thing in the morning, but it improves throughout the day. Spending long periods standing or sitting in one place can also worsen. Advertising The underlying cause is too much stress on the connective tissue (and possibly a nearby muscle) that runs from the heel along the bottom of the foot. Surgery can repair, but most runners can avoid or fix the problem by properly wearing supporting running shoes and using shoe inserts made for this purpose [source: Mayo Clinic]. In the short term, rest, leg and calf stretch, and anti-inflammatory medicine can help. Tibia ateles describe a painful condition in which either the tibia bone, the connective tissues along the tibia (or both) suffer damage caused by running. If the pain affects only the bone and is sharp and severe in a certain location, the problem is probably a hair fracture of the tibia. The only real solution is to rest until the fracture heals. Doctors do not fully understand what causes tibia alikes that affect the muscles and connective tissues. Muscles could be inflamed and are pressing against the muscle cage. Some sports medicine experts suspect that connective tissue and muscle tea can slowly break away from the tibia. In any case, tearing tissue damage and can cause enough severe pain to keep even the most dedicated runners on their feet. Advertising Solving tibia slot requires a certain amount of rest, along with frequent icing and altitude to reduce inflammation. Stretching the calves, tibia muscles and ligaments also helps. Orthopaedic inserts for shoes can prevent the development of tibia atheists. Overweight runners with tibia atheists could try shedding some pounds to alleviate the problem. Blisters are the curse of the existence of runners and hikers. They are formed by the initial development of a red hot spot auction, which will eventually become a blister. If you do not stop and deal with the problem, then, it will break and the tender skin below will be rubbed raw. Such a seemingly minor place of skin irritation can be incredibly painful and Bring the run to a stop. The best way to avoid blisters is to have shoes that fit properly, allowing about the width of a thumb of extra space in the toe box. Wearing new shoes running around the desk for a few days can break them in and make them less likely to cause blisters when hit track or trail. Advertising Sometimes a begins to form no matter what kind of shoes you wear. The solution is to protect the area from blisters with skin of allele or duct tape - in a pinch, any kind of improvised barrier will work for a while. You can also reduce friction with Vaseline or special runner balms. Once you have a blister, pierce it with a sterile needle, then keep it covered and clean. A dab of antibacterial ointment should help the healing process. A stress fracture is a small rupture of a bone caused not by trauma, but by repeated application of forces during exercise. The forces could come from running the impact, or from the muscles and tendons pulling the bone. Left untreated, the bone can break completely. Sports doctors have found that bone shape, bone density, muscle condition and shoe condition can all play a role in the risk of stress fracture. Early athletes bear the greatest risk, and female athletes are at higher risk than men. Tibia is the most common stress fracture runner [source: Lovett]. Advertising Can be difficult to avoid a stress fracture because they are rare and can be caused by many things. The most important thing to do is to stop running as soon as you suspect a stress fracture; Runners describe it as a deep pain that worsens during a run, usually at a very tender place on the bone. You should finish the race right away, take a day off from training and try on different shoes -- you don't want a minor stress fracture to get worse. The joints are full of connective tissues and lubrication fluids to keep them swinging smoothly. One of the key damping agents is bursae, which are small bags of liquid that absorb shocks and keep bones from rubbing against each other. Repetitive movements, would be long-distance running can put too much pressure on the stock market. They can become painfully inflamed, a condition known as bursitis. Symptomatic sensation is stiff, painful joints that may be visibly red or swollen. Runners are most susceptible to bursitis in their hips, knees and heels (baseball pitchers and football quarterbacks tend to get it into their shoulders). In some cases, the bursa bag can be perforated, which can lead to infection and a more serious condition known as septic bursitis. Advertising Treatment is simple: Immobilize and the rest of the commune, apply ice and take anti-inflammatory drugs [source: Mayo Clinic]. Tears, tears, and stems describe all muscle injuries -- they're more or less the same lesions. They can result from muscles that have not been stretched or heated properly, excessive use of the muscle by a repetitive movement, or a sudden movement, (such as jumping or even exploding from the starting blocks into sprints). A muscle injury occurs as a sudden pain in the middle of the term that does not disappear and prevents you from using this muscle effectively. Later, it will become swollen, painful and possibly discolored. Faded. Treatment is similar to the injuries of many runners: rest, ice, compression, altitude -- a regimen often known as R.I.C.E. It is important to rehab damaged muscles with light exercise, heat and deep muscle massage to prevent the formation of scar tissue within the muscle [source: Anderson]. A lot of tendons, which are connective tissues that anchor the muscles to the bones, come into play when you are running. Tendons in the hips, knees, ankles and feet are all potential places where a runner could suffer from tendinitis. Tendinitis occurs when the tendon becomes inflamed or damaged from overuse. The tennis elbow, for example, is a form of tendinitis. Runners can have particular difficulties with Achilles tendinitis. Advertising While tendinitis treatments resemble those of other sports lesions (R.I.C.E.), this method of therapy can be troublesome, since pain occurs gradually over days or weeks. The runner may not realize that the problem is tendinitis until it becomes severe enough -- visibly swollen, the joint almost unusable due to pain. It is easier to treat when caught early, so caution is the best way to avoid doing worse. Muscle cramps can be excruciating. The muscle is incessantly clenching -- and even if it only lasts a few seconds, it feels like the greatest pain you've ever had. Fortunately, they do not lead to serious injuries (although you might experience some muscle pain the next day). Unfortunately, no one really knows what causes them or prevents them. Many believe that dehydration leads to cramps, but that is not really the case. Studies have shown that hydration is not the basic problem, although it could be an electrolyte imbalance, in which case the consumption of sports electrolyte drinks could help [source: Kolata]. It could be nerve misfiring due to muscle fatigue, which would be prevented by eating enough carbs. Some cramp sufferers have found relief with deep muscle massage. There are some medical conditions that occur as muscle cramps, so if you have frequent cramps that you can't get rid of, you should see a doctor. Marathon runners may be prone to acute kidney damage, a condition that can cause swelling, pain and even seizures. Learn more at HowStuffWorks. Anderson, Owen. The inguinal strain causes it. Sports injury bulletin. (July 29, 2010) Gina. A long-standing mystery, common cramps. The New York Times, February 14, 2008. (July 28, 2010) Richard A. Owner's Manual: Is it a stress fracture? Running times. 2008. (July 28, 2010) Personal Clinic. Bursitis. Mayo Clinic. (28 July 2010) Clinic Personal. Plantar fasciitis. Mayo Clinic. (29 July, July, Barbara Russi. Irritated muscles? Don't stop exercising. MedicineNet. (July 28, 2010) James. Exercise Pacing & Using Music. Selfgrowth.com. (26 July 2010) 2010)