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THE “INS AND OUTS” OF TRAIL RUNNING!

Running is a popular form of exercise that is a great way to challenge the cardiovascular system. It helps provide a great base level of fitness to build off for other activities as well. While road running still has the highest levels of popularity, trail running has increased in popularity over the years. The ability to cover varied terrain with scenery is very enticing for those bored with miles of asphalt or concrete paths. There are significant differences between road running and trail running, and those who are used to road running will need to take a few things into consideration before stepping out onto natural surface trails for a change of scenery. We will discuss all these aspects in our blog today and give a bit more insight to trail running, to see if it is something you would like to work into and expand the horizons of a workout routine. Check out this month's blog for more information.

AROUND THE CLINIC:

The cold weather is coming and with the weather changes comes the holiday season. Here are some past blogs that we have written over the past years to keep you feeling good throughout the coming holidays and beyond:

- Eating healthy through the Holidays:

<https://www.ptscgj.com/post/national-diabetes-awareness-month-surviving-the-holidays-and-making-healthy-choices>

- Snowboard and Ski fit and prep:

<https://www.ptscgj.com/post/snowboard-and-ski-fit>

- Avoiding the “Holiday Pain in the Neck”:

<https://www.ptscgj.com/post/avoiding-the-holiday-pain-in-the-neck>



Spotlight Diagnosis of the Month

Diagnosis: Trochanteric Bursitis

What is it?

A bursa is a small fluid-filled sac that can be found in various places all over the body that provides a cushion between bones, muscles, and ligaments. The trochanteric bursa is specifically located on the greater trochanter on the femur bone which attaches into your pelvis and makes up the hip joint. While there are many reasons a bursa can become irritated and inflamed, the most common cause is overuse through repetitive motions. This can be from standing for long periods of time, frequently going up and down stairs, or lifting heavy objects repetitively. Other causes can be from hard impacts directly to this hip such as a fall, laying on your side for extended periods of time, muscular imbalances such as tight iliotibial band (IT band), injury to the gluteal tendons, true leg length discrepancies, and more. Trochanteric bursitis can cause hip pain and swelling which can limit your range of motion, make it difficult to participate in certain activities, and cause discomfort when in different positions.

Common Symptoms:

The most common symptoms associated with trochanteric bursitis are pain and swelling surrounding the outside of the hip that, in some cases, can radiate down toward the knee. However, people also experience pain when laying on the affected side, swelling around the hip joint, sharp hip pain that will then subside into an achy pain, pain during gait, sensations of catching and/or clicking when walking, pain when lifting leg in/out of a car or bed, and hip joint stiffness. There are also pain symptoms associated with different sitting or standing positions such as when sitting with legs crossed and when placing more weight on the affected side while in standing.

How Physical Therapy Can Help:

The first initial goal for this condition is to decrease the pain and irritation of the hip. This is done through different manual therapy techniques to reduce any tension, tightness, and/or muscle spasms to the muscles surrounding the hip joint. Therapists will also use modalities such as ice, estim and/or ultrasound to reduce inflammation surrounding the hip. Once the pain and inflammation has decreased its important to start working on different therapeutic exercises to continue stretching and strengthening the hip muscles to reduce muscular imbalances. Throughout treatment therapists will provide patient education to help the patient be more aware of their posture so they can avoid positions and activities that are proven to increase irritation to the hip which will also worsen their symptoms. Our therapists work hard to help each patient return to their prior level of function. PTSC has a very high success rate in treating this specific condition allowing patients to return to their daily life and activities without increased pain or irritation.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.

