

Soreness & Injuries

It is not uncommon to have general soreness, shin or even knee pain. Daily icing 2-3 times a day is a proactive approach to greatly reduce the likelihood of such discomfort occurring.

If there is pain, the first step is to inform your coach the next time you see them, and purchase new shoes if your shoes are not new for the season. In the meantime, ice the area 2-3 times a day or more (no longer than 20 minutes per hour) and perhaps, with parent permission, take an anti-inflammatory such as Advil. Athletes will probably have to cross-train (e.g., biking, use of elliptical machine) until the pain subsides.

However, if pain persists, I recommend seeing a specialist who is familiar with training for runners. A General Practitioner will probably recommend resting for several weeks, but that may not get to the heart of the issue nor prevent reoccurrence.