

KATONG Mon – Fri 830am – 830pm, Sat 830am – 430pm +6588288059 |**TANGLIN** Mon – Fri 9am to 8pm, Sat 9am – 3pm +6584606884

✕

[About Us](#) ∨ [Services](#) ∨[Book Now](#)[Conditions We Treat](#) ∨ [Physios' Blog](#)[Contact Us](#) ∨ [FAQs](#)

for Preventing Running Injuries in Singapore

Running • Sports Medicine • Injury Prevention Written By Andrew

Each year, about 50% of runners face injuries, with nearly a quarter of those affecting the knee. While athletes often push through the pain, could this be our body's way of signaling that we need to address an issue before it worsens? Various factors contribute to injuries, including gender, running style, past injuries, and physical weaknesses. For instance, men are more prone to shin, ankle, and foot injuries, while women tend to experience more hip and knee discomfort. Our running mechanics can reveal which areas of our body may be weak and whether we are overstraining certain muscles or tendons. This article will explore how injuries happen and strategies for prevention.

Common mistakes leading to injuries

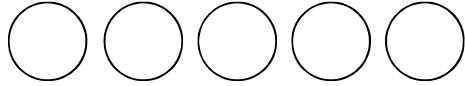
Overtraining or poor training plan

Abruptly increasing the load or frequency of training without proper preparation can lead to injury. Our muscles are capable of handling their usual distance and training volume, but a sudden spike in demands can exceed their endurance. This results in subpar performance and puts additional stress on other structures, such as joints, tendons, or surrounding muscles. Furthermore, if there are existing weaknesses, muscles will tire more rapidly, causing adjacent muscles to overcompensate. This

[^ Back to top](#)

KATONG Mon – Fri 830am – 830pm, Sat 830am – 430pm +6588288059 |**TANGLIN** Mon – Fri 9am to 8pm, Sat 9am – 3pm +6584606884

✕

[About Us](#) [Services](#)[Book Now](#)[Conditions We Treat](#) [Physios' Blog](#)[Contact Us](#) [FAQs](#)

Examining our movement patterns can reveal where our weaknesses may be. If you consistently run with an altered gait, it can lead to stress on specific joints or muscles, resulting in either overuse or underuse of certain structures.

What causes our running gait to change?

This alteration can happen when a past injury has not been properly rehabilitated. The body compensates, and individuals often remain unaware of their altered gait until the overuse or underuse of these structures leads to long-term weaknesses and ultimately injury. Think about it: we typically only recognise there is an issue when we start to feel pain!

Wearing improper running shoes

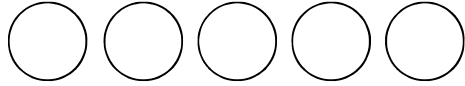
Wearing inappropriate footwear while running can heighten the risk of injury due to several factors. Shoes that lack adequate arch support can lead to conditions such as plantar fasciitis or shin splints, while insufficient cushioning may result in joint pain from excessive impact. A poor fit, whether too tight or too loose, can cause blisters and negatively affect running form, thereby increasing the likelihood of injury. Furthermore, shoes designed for the wrong surface can compromise traction and stability, raising the risk of slips and falls. Worn-out shoes lose their protective qualities, making runners more vulnerable to various injuries. Therefore, it is important to select a suitable footwear tailored to individual needs and running conditions to ensure safe running practices.

Running on unsuitable surfaces

[^ Back to top](#)

KATONG Mon – Fri 830am – 830pm, Sat 830am – 430pm +6588288059 |**TANGLIN** Mon – Fri 9am to 8pm, Sat 9am – 3pm +6584606884

✕

[About Us](#) [Services](#)[Book Now](#)[Conditions We Treat](#) [Physios' Blog](#)[Contact Us](#) [FAQs](#)

injury.

These are the **THREE** most important areas to assess when doing a running assessment.

The Ankle

The Knee

The Hip

How can running injuries be prevented in Singapore?

Preventing running injuries involves a combination of proper training, effective technique, and self-care practices.

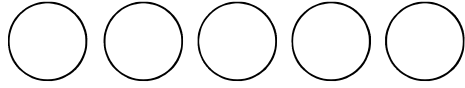
Warm up and cool-down

Always begin with a thorough warm-up to prepare your muscles and conclude with a cool-down to facilitate recovery. Integrating strength training exercises is essential for improving muscle balance and supporting your joints, with particular e

[^ Back to top](#)

KATONG Mon – Fri 830am – 830pm, Sat 830am – 430pm +6588288059 |**TANGLIN** Mon – Fri 9am to 8pm, Sat 9am – 3pm +6584606884

✕

[About Us](#) [Services](#)[Book Now](#)[Conditions We Treat](#) [Physios' Blog](#)[Contact Us](#) [FAQs](#)

Regularly practicing good form can enhance your efficiency and make running a more pleasurable activity.

Schedule rest days

Regular rest days are important for recovery and preventing burnout or injuries. This allows your muscles to repair and grow stronger, while also giving your mind a much-needed break from the rigors of training. On rest days, consider engaging in gentle activities like yoga or a leisurely walk, which can promote relaxation and flexibility without straining your body.

Hydration and nourishment

Maintain good hydration and a balanced diet to support muscle recovery and overall performance. Adequate water intake helps to keep your body functioning optimally, while a diet rich in fruits, vegetables, lean proteins, and whole grains provides essential nutrients and energy. Incorporating healthy fats, such as those found in avocados, nuts, and fish, can also aid in reducing inflammation and promoting heart health.

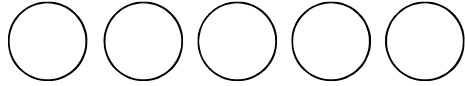
Pay attention to your body

Do not ignore any signs of persistent pain; rest and consult a healthcare professional if needed. Regular check-ins with your health can prevent minor issues from escalating into more serious concerns. By taking proactive steps, you can foster a balanced and healthy lifestyle that supports your long-term goals and happiness.

[^ Back to top](#)

KATONG Mon – Fri 830am – 830pm, Sat 830am – 430pm +6588288059 |**TANGLIN** Mon – Fri 9am to 8pm, Sat 9am – 3pm +6584606884

✕

[About Us](#) [Services](#)[Book Now](#)[Conditions We Treat](#) [Physios' Blog](#)[Contact Us](#) [FAQs](#)

Assess the injured area

Evaluate the severity of the injury. If it is a minor strain or sprain, self-management may be sufficient. However, if you experience severe pain, swelling, or an inability to move the affected area, it is advisable to seek medical attention.

Apply the R.I.C.E. method

Rest: Avoid placing weight on the injured area to facilitate healing.

Ice: Apply ice packs for 15 to 20 minutes every hour to alleviate swelling and pain.

Compression: Utilise a compression bandage to help minimise swelling.

Elevation: Keep the injured area elevated above heart level to further reduce swelling.

Over-the-counter pain medication

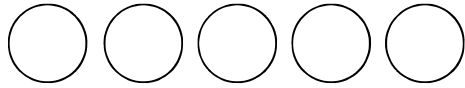
Medication such as ibuprofen or acetaminophen, can help reduce pain and inflammation. To ensure the safe use of prescription or over-the-counter medications, it is advisable to consult with your doctor or pharmacist prior to administration.

Can physiotherapy help with running injuries in Singapore?

[^ Back to top](#)

KATONG Mon – Fri 830am – 830pm, Sat 830am – 430pm +6588288059 |**TANGLIN** Mon – Fri 9am to 8pm, Sat 9am – 3pm +6584606884

✕

[About Us](#) [Services](#)[Book Now](#)[Conditions We Treat](#) [Physios' Blog](#)[Contact Us](#) [FAQs](#)

Therapeutic exercises

These exercises target key muscle groups, such as the glutes and quadriceps, and include stretching routines to improve flexibility in the hips, calves, and hamstrings.

Running analysis

A thorough running analysis can pinpoint faulty running mechanics, allowing for customised corrective strategies.

Additional physiotherapy modalities

Other physiotherapy modalities like kinesiology taping, ultrasound therapy, and electrotherapy (including TENS), may be utilised to alleviate pain and promote healing.

Ice and heat therapy further assist in managing inflammation and relaxing tight muscles.

Patient education

Targeted education on proper running form, appropriate footwear selection, and ergonomic training techniques is essential for preventing future injuries.

Gradual return-to-activity plan

This ensures that runners safely increase their intensity and volume, thereby reducing the risk of re-injury.

[^ Back to top](#)

KATONG Mon – Fri 830am – 830pm, Sat 830am – 430pm +6588288059 |

TANGLIN Mon – Fri 9am to 8pm, Sat 9am – 3pm +6584606884



Book Now

Andrew

An Irish physiotherapist, Andrew graduated from the University of Limerick and is a member of the Singapore Physiotherapy Association. He specialises in post-spinal surgery, sports injuries, running biomechanics, and ACL rehab. He's trained in advanced dry needling and enjoys family time, football, padel, and boxing.

<https://milestonephysiotherapy.com/andrew>

Comments (0)

Newest First

Preview

Post Comment...



What's Behind Your Ankle Pain? A Guide to Understand the Causes

From Standing Desk to Wellbeing: Transform Your Workday with Ergonomic

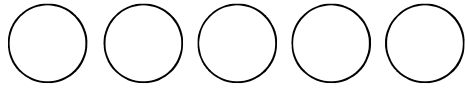


Back to top

KATONG Mon – Fri 830am – 830pm, Sat 830am – 430pm +6588288059 |

TANGLIN Mon – Fri 9am to 8pm, Sat 9am – 3pm +6584606884

×



About Us Services

Book Now

Conditions We Treat Physios' Blog

Contact Us FAQs

Katong Physiotherapy Clinic

112 East Coast Road
112 Katong, #03-01/02, Core Collective
Katong
Singapore 428802
Mon – Fri: 830am to 830pm
Sat: 830am to 430pm
Tel/Whatsapp: +6588288059

Tanglin Physiotherapy Clinic

91 Tanglin Road
Tanglin Place, #03-06
Singapore 247918
Mon – Fri: 9am to 8pm
Sat: 9am to 3pm
Tel/Whatsapp: +6584606884

[About Us](#)

[Our Services](#)

[Contact Us](#)

[Frequently Asked Questions](#)

© 2025 Milestone Physiotherapy | All rights reserved | [Terms of Use](#) |

[Privacy Policy](#)

^ Back to top