

Preface

Running Injuries



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Guest Editors

It is our sincere honor and privilege to put together this compendium on running injuries. Although many articles and one major text have been devoted to running injuries, we wanted to present an approach with an emphasis on physiatry—that is, the incorporation of function into evaluation and treatment. This “function thing” sounds (and is) elemental, but all of us need to be reminded that we can always be more functional. Incorporating a functional and thus less regional approach to the rehabilitation of musculoskeletal injuries is a change for the better. This is fitting for our practice as physiatrists, because we are the ideal champions of function. As such, we hope this issue of the *Physical Medicine and Rehabilitation Clinics of North America* demonstrates our role in treating running injuries.

As you read this issue, you will realize that the lower limb injuries that the authors present and the evidence-based management strategies offered are not all necessarily unique to the runner. This issue can be used as a clinical reference tool for many patients who have lower limb complaints, and we hope it will also be very useful and generalizable for musculoskeletal practice.

To that end, we have gathered a group of experts in the field of sports medicine. To be true to the multidisciplinary spirit of physical medicine and rehabilitation, we have included physiatrists, physical therapists, an exercise physiologist, and a kinesiologist, spanning clinicians and scientists. Sadly, near the completion of this issue, we learned that Dr. Scott Nadler, one of

the prospective contributing authors, passed away. He was a true inspiration and role model for physiatrists wanting to expand the field through education and research. His research serves as the basis for the kinetic chain concept that is so important in the treatment of running injuries. We dedicate this issue to a true hero, father, husband, and friend: Scott Nadler.

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