

## OVERUSE INJURIES

Overuse injuries due to lifestyle problems, unpaired walking or sporting activities commonly lead to ankle and foot abnormalities. The tendons, bones and muscles are specifically prone to degeneration. The various disorders may be classified by a grading system that includes peritendinous inflammation, degenerative tendon disease, and ruptures. Bone marrow edema is another typical manifestation of overuse. An anatomic distribution is an urgent need to provide immediate positive effects on walking.

Overuse injuries provide a challenge to the diagnostic acumen and rehabilitative and preventive skills of the medical community. The challenge is intensified when the primary lesion is located in the foot, whose levers, arches, and pulleys are responsible for absorbing shock, as well as converting a mobile adapter into a rigid lever for propulsion.

**Podiatrists permit people and sportspeople benefit from accurate diagnosis, technique correction where necessary, manual therapies to joint and soft tissue, appropriate strengthening programmes. They perform gait control using shoe-insoles and sensor technologies such as ankle joint support for falls prevention, shock absorption, preserving dynamic balance via foot and may** contribute to prevent overuse injuries. Expertise rehabilitation and clinical competencies are important as well. Reduction of predisposing factors is of utmost importance in the successful management of overuse injuries.

Most overuse injuries are avoidable: the risk of traumatic injuries and, in particular, of sustaining a fracture, contusion, or concussion is higher during sports. They are also more likely to occur as you get older — especially if you don't recognize the impact aging can have on your body and modify your routine accordingly. If you suspect that you have an overuse injury, consult your doctor. He or she will likely ask you to take a break from the activity that caused the injury, but you may be able to perform alternative training as long as it does not stress the involved body part. Don't allow an overuse injury to prevent you from being physically active. By working with your doctor, listening to your body and pacing yourself, you can avoid this common setback and safely increase your activity level..

References:

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