

Rehabilitation Services for Runners

Musculoskeletal disorders occurring in runners are unique, often complex, and require special attention. The demands on muscles and joints may result in “overuse” injuries. Correcting these injuries may require a new training method, improved flexibility and strength, muscle re-education, a postural correction and even an equipment change.

Services We Offer

- Musculoskeletal examination
- Biomechanical evaluation
- Video analysis of activity
- Strength and flexibility programs
- Recommendations on footwear
- Pain-relieving modalities and techniques
- Manual therapy techniques to improve soft-tissue mobility
- Orthotics assessment

Common Diagnoses Include

• Patellofemoral Pain Syndrome

Irritation of the back surface of the kneecap, creating frontal knee pain

• Iliotibial Band Friction Syndrome (ITB)

Side knee pain created by constant rubbing of tissue and decreased flexibility

• Medial Tibial Stress Syndrome

Pain in the lower front leg

• Plantar Fasciitis

Irritation and pain on the bottom of the foot



A therapist educates a patient returning to running after a knee injury.

Patients can be seen with a doctor's referral and accepted insurance or through a self-payment option.

For more information, please contact

The Johns Hopkins Hospital
600 North Wolfe Street
Meyer 1-130
Baltimore, Maryland 21287
Phone: 410-614-3234
Fax: 410-614-2065

Johns Hopkins at Green Spring Station
10753 Falls Road, Suite 235
Lutherville, Maryland 21093
Phone: 410-583-2665
Fax: 410-847-3838

