



Capital District Podiatry, PLLC
Dr. Tejas Pandya

CapitalDistrictPodiatry.com

Here in the Capital District, we have a vibrant running community. Many local residents enjoy hitting the various trails or running through neighborhoods as they log their miles.

For some, this is a preferred activity to stay in shape and achieve optimal physical health. Others use running as a means to relieve stress. Of course, there are also those who love to compete, and use their training to push themselves in competitive races.

No matter the motivation, running is an excellent form of exercise – one humans are naturally built to do.

If you—or any of your loved ones—run on a frequent basis, it is important to take the right measures to prevent injury so you can keep logging miles throughout our greater Upstate community and neighborhoods.

Foot and Ankle Running Injuries to Know

The starting point for injury prevention is to know which ones you might sustain. We provide comprehensive treatment for foot and ankle injuries – but would prefer to know you were able to stay safe and healthy in the first place.

Now, there is a certain degree of injury risk that comes with any physical activity, but not all injuries are equally as likely for every sport or exercise. In the case of running, some of the more **common foot and ankle injuries** include:

Plantar fasciitis – This is the leading cause of heel pain for adults. The injury develops when a particular connective tissue—the plantar fascia—is damaged on account of overuse and excess strain. Pain is often strongest in the morning and felt in the bottom of the heel. Our treatment for this condition depends on the specific situation, and may include any of the advanced therapies we are proud to offer at Capital District Podiatry.

Achilles tendinitis – Another major source of adult heel pain, this condition is one of Achilles tendon inflammation and pain. It can develop in response to overtraining or by putting too much stress on the Achilles tendon (something that can happen when either starting out by doing “too much, too soon” or ramping intensity up too quickly). As with plantar fasciitis, we have state-of-the-art treatment so you can overcome this injury without needing surgical intervention.

Extensor tendonitis – In this injury, the tendons running across the top of the foot become inflamed. The root cause for extensor tendonitis can be a tight Achilles tendon, improper footwear, or a weak or tight calf muscle. Stretching is an important preventive measures, but we can treat this injury for you. Treatment may include custom orthotic therapy.

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Capital District Running Groups

One of the great things about running is the fact you can do it by yourself, with a partner, or in a group.

Naturally, each has a certain appeal to different individuals, but they all have their own respective benefits. In the case of group running, this includes having a huge support system, being able to learn from experienced runners, and training programs you don't have to create yourself.

In and around our local communities, runners are fortunate to have a couple of great options:

The Hudson-Mohawk Road Runners Club – Formed in 1971, the area's largest running organization has over 2,000 members who come in all shapes and sizes, and from all walks of life. With such a diverse group, it's only natural that you will find runners who have a range of different speeds and styles. The HMRRC members are united in a love of running and desire to promote quality running-related activities (including several annual races they organize). If you aren't super competitive, don't worry – most HMRRC races are low-key events perfect for first-time racers.

The Albany Running Exchange – A bit newer than the HMRCC—this organization was founded in 2002—has over 1,000 members and offers daily group runs, social events, creative races, and provides an interactive webpage for members to promote communication and camaraderie. As with the HMRCC, you can find runners of all levels within this organization, which means you are virtually guaranteed to find a partner or group that will train at your speed.

Fleet Feet Run Crew – We'll be touching on Fleet Feet a bit more in a moment, but the running crew heads out at 8:00 AM on Saturdays and 6:00 PM on Wednesdays. They have an events page that allows you to know where the crew will be meeting for the training session. One great thing about this particular running group is the price – only \$10 for an annual membership!

Our hope is that you stay safe in your running program, but keep in mind that we provide effective care for foot and ankle injuries.

If you need information—or want to request an appointment—call us at (518) 273-0053 or [contact us online](#) today.

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