

START TO RUN

Top 5 Signs You Have Deficits

Warning Signs of Dysfunction

- Uneven shoulder height
- Fatigue
- Low back and sacral iliac (SI joint) strain
- Knee strain or pain
- Clicking or popping hips

If any of these symptoms sound like you, these exercises could help you address the deficits and start to run pain free!

Sometimes you can't handle the deficits on your own. If you are experiencing any of these symptoms, it may be time for a trip to your local PT clinic.

Indications for PT Assessment

- Uneven shoulders and headaches
- Un-evoked, premature, ongoing fatigue
- Non-trauma oriented knee pain
- Tight back muscles, contributing to low back pain
- Clicking, popping, snapping or noisy hips

Indications for Physician Assessment

- Referred back pain into thighs and legs
- Un-evoked, premature, ongoing fatigue
- Non-trauma oriented groin and knee pain/swelling
- Hip swelling, bruising, or sharp pain due to injury
- Dislocated joints associated with trauma

If you've been experiencing any of these symptoms, it's best to visit your family or orthopedic physician to ensure you don't have a more serious injury.