



MAY 2026 ISSUE

RUNNING SEASON: HOW TO AVOID  
INJURIES AND KEEP MOVING



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## INTRODUCTION

May is when Toronto fully shifts into running season. Parks fill up, sidewalks get busy, and people return to outdoor activity after months of reduced movement.

At Rosedale Wellness Centre, we see the same pattern every year:  
An increase in running-related injuries that could have been prevented.

The issue isn't running itself—it's the sudden jump in activity on a body that hasn't fully adapted yet.

## WHY RUNNING INJURIES HAPPEN

After winter, most people experience:

- Reduced hip mobility
- Weakened glutes and core
- Stiff ankles and lower back
- Lower overall conditioning

When running volume increases too quickly, the body can't absorb the load efficiently—leading to irritation, inflammation, and injury.

## MOST COMMON RUNNING INJURIES

- Runner's knee (pain around the kneecap)
- Shin splints from impact overload
- Plantar fasciitis (heel/foot pain)
- Achilles tendon irritation
- Hip and lower back tightness

These issues don't usually come from one run—they build over time.

## HOW TO RUN SAFELY THIS SEASON

Stretching alone isn't enough. Before running, focus on dynamic movement:

- Leg swings
- Hip rotations
- Bodyweight squats
- Light jogging progression

Also important:

- Increase running volume gradually (no more than ~10% per week)
- Allow proper recovery between runs
- Pay attention to early signs of discomfort



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If something persists for more than a few days, it's worth addressing early.

## THIS IS WHY MAY IS THE MOST IMPORTANT TIME TO ACT

Most running injuries don't start in June... They start right now. May is when activity levels increase, but the body hasn't fully adapted yet after a slower winter.

Even if you stayed somewhat active, your body is still dealing with:

- Reduced movement variability
- Tight hips and ankles
- Weakened stabilizing muscles
- Lower tolerance to repetitive impact

When running volume increases too quickly, demand exceeds what your body can handle—and that's when small issues begin to develop. The challenge is that early symptoms are easy to ignore:

- Slight knee discomfort
- Tightness in the calves or hips
- Mild soreness after runs

But over time, these small signals can turn into:

- Persistent pain
- Reduced performance
- Time away from running altogether

This is why May is such an important window. Small adjustments now can:

- Prevent bigger injuries later
- Improve running efficiency
- Help you stay consistent through the summer

Think of it as preparing your body before demand gets too high—not reacting after something goes wrong.

## WHAT TREATMENT LOOKS LIKE AT ROSEDALE

With over 30 practitioners under one roof, your care is coordinated and efficient.

A running-related assessment may include:

- Biomechanical and movement assessment
- Physiotherapy or chiropractic care
- Soft tissue and massage therapy
- Corrective exercise program
- Personalized return-to-running plan

Because our team works together, we can address the root cause—not just the symptoms.

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## STAFF SPOTLIGHT



**Varuna Singh**  
**Registered Physiotherapist**

Have you met Varuna?

She is a registered physiotherapist with a specialization in the treatment of musculoskeletal injuries and chronic conditions— such as chronic back pain, radiculopathy, osteoarthritis, and knee and neck pain.

She brings a patient-centered approach to care, focusing on evidence-based manual therapy and personalized rehabilitation programs.

Outside of work, she's a passionate foodie who enjoys cooking authentic Indian dishes for her dad. She stays active through gym workouts, swimming, and cycling, and loves to travel whenever she gets the chance.

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