

Dr. De la Cruz has a lot of knowledge about running injuries since he is a runner himself. After taking time off and coming back from my marathon i was dealing with bad shin pain. Nothing I did worked but as soon as I saw Dr. De La Cruz, he was able to fix me right away! It only took a few visits with him and my pain disappeared. I have been pain-free since!

- Valerie S.
South Pasadena, CA

I came in to see Dr De La Cruz after getting injured during my half marathon training. Prior to seeing him I had stopped my running for two weeks in hopes that my knee would feel a little better, but it only got worse even with no activity. I would have pain all day while sitting, standing, walking, driving...etc. The only time I was pain free was during my sleep. I knew Dr De La Cruz would be a great fit because he is a runner himself and a XC and track coach and wouldn't brush off my pain and concerns like other professionals I've visited in the past.

During the course of seeing him I went from fidgeting at my desk at work all day from the discomfort and pain to being able to sit pain free. If you're a runner or athlete with an injury or looking to recover more quickly I can't recommend Dr De La Cruz enough! He will work with you to get you on your feet feeling strong and pain free again.

- Karina T.
Los Angeles, CA

I've been seeing Dr. De La Cruz twice a week for the past month to help work on an annoying calf/foot issue that has been inhibiting my running. Just after two visits my foot issue went away! The pain that I was having in my lower leg has lessened with each visit! It is awesome to finally see a doctor that understands your needs and helps you get to where you want to be. I think the best perk is Dr. De La Cruz understands runners. As a runner myself, he can relate to issues that come up and knows the proper way to treat the body. From adjustments, to Graston, to E-Stim, you really get the full works here! Appreciate each visit as he usually has to put up treating me post workout! I highly, highly recommend anyone to go see Dr. De La Cruz! You will not be disappointed!

- Jennifer S
Chatsworth, CA

Who We Are

De La Cruz Chiropractic is one of the newest Chiropractic Clinics in Pasadena and is quickly rising to the top. We offer proactive, quality healthcare in a safe and comfortable environment. At De La Cruz Chiropractic, your health is our number one priority, and we make sure to meet all your needs in a timely manner.



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De La Cruz
CHIROPRACTIC

Dr. Andres T. De La Cruz,
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Your return to health begins here.

Common Running Injuries

Shin Splints

- Pain at the inside or outside of the lower leg
- Can usually complete training session but pain quickly returns after sessions
- Can lead to stress fractures
- Rest, ice, cross training activities, decrease mileage
- Stability shoes
- RISK FACTORS:
 - Excessive pronation
 - Shoe design
 - Training errors
 - Muscle dysfunction
 - Decreased ankle flexibility

Wear Patterns



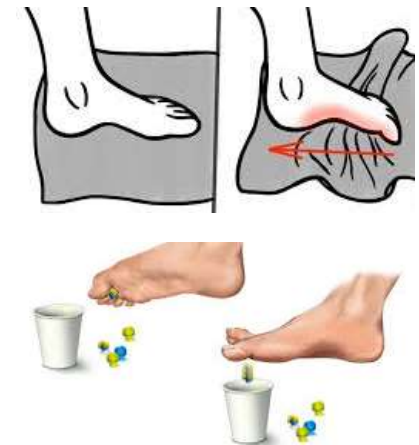
Iliotibial Band Friction Syndrome

- Ache over the outside of the knee
- Worse with running, cycling, longer running sessions, downhill running
- Pain with repetitive knee bending
- Strengthening hip muscles (Myrtl Routine)
- Stretching/foam rolling hips (avoid ITB)
- Decrease mileage/ time off
- Ice

Common Running Injuries

Plantar Fasciitis

- Most common cause of heel pain
- Pain is worse in the morning
- Pain decreases with activity
- Decrease mileage or time off
- Night Splints
- Silicone gel heel pad and cup
- KT/Rock tape
- Stretching of planar fascia and calf
- Exercises to strengthen intrinsic muscles of the foot
 - Towel curls
 - Marble Pick ups



High Hamstring Strain

- Very common in long distance runners as the hamstring tendon obtains a huge compressive load when the hip is flexed.
- Begins as mild pain during activity and quickly progresses to severe pain, which forces you to stop running.
- Pain subsides during normal activities like walking but increase when sitting.
- Primary risk factor is a sudden change in duration of running time, distance or intensity
- Avoid stretching hamstrings, hips and avoid long periods of sitting.

