



HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care

Here in the Coachella Valley 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 Palm Desert and surrounding neighborhoods.



REQUEST AN APPOINTMENT

OUR OFFICE
74000 Country Club Dr, Ste A-2
Palm Desert, CA 92260
VIEW MAP

OUR WEBSITE
CoachellaValleyPodiatrist.com

CALL NOW: (760) 568-0108

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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:

- 01 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 our advanced laser therapy.
- 02 STRESS FRACTURES**

If you log too many miles without giving your bones an opportunity to replenish damaged cells, you might develop one of these tiny, hairline fractures in the surface of a bone. It might seem as though a small crack would cause too much pain, but they can. Fortunately, treatment is typically conservative in nature (no surgery!).
- 03 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.
- 04 BLACK TOENAILS**

Technically known as “subungual hematoma,” this condition is a matter of bruising or bleeding underneath a nail. It’s caused by repetitive trauma on the toe and is sometimes referred to as “runner’s toenail” (on account of how common this is for long-distance runners). When blood pools between the nailbed and nail, it causes pressure – which can be painful.

MEET YOUR DOCTOR

DR. HARVEY DANCIGER



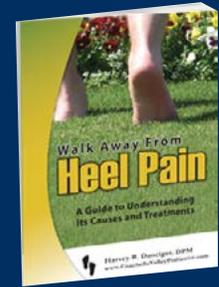
Dr. Harvey R. Danciger’s practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

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Coachella Valley 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 the Coachella Valley, local runners are fortunate to have a couple of great options:

TRAIL RUNNERS CLUB (TRC)

Founded in 1988, this club meets on Sunday mornings and generally sticks to single-track trails and fire roads. Usually, the TRC will take on any of the many courses throughout the Santa Monica or (less often) San Gabriel mountains.

PALM SPRINGS MARATHON RUNNERS

For the past decade, this running club has been organizing races that support charities, along with providing awards, t-shirts, and other swag for the events. It is worth noting that this organization actually has opportunities beyond running, which is great for those of you who also want to incorporate swimming and biking in your fitness routine (or train for a triathlon!).

“YOU HAVE
COMPLETELY
CHANGED
MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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Running Footwear and You

No matter which physical activity you perform, it is essential to wear appropriate footwear. In the case of running, it probably makes sense that you should wear running shoes.

That said, not all running shoes are equal!

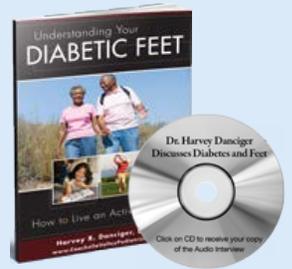
In fact, shoe manufacturers have gotten better throughout the years at creating a range of different footwear options that work with the various pronation styles. This means you need to know if you have excessive, moderate, or low pronation when you take a step.

(Not sure which style you use? We can provide a gait analysis so you know for sure.)

Beyond choosing a pair that works with your unique foot structure and gait pattern, always choose running shoes that are well-constructed, offer robust arch support, and have a solid heel counter (which helps regulate foot motion).

In addition to checking with our office, the best way to ensure that you buy the right shoes for your feet is to go to a store that caters specifically to runners. For the Coachella Valley, an outstanding option is Running Wild.

If you are knowledgeable about what exactly you need, you might want to purchase your running shoes at Palm Desert's New Balance.



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Sudoku

	9		2			5		7
5		1				4	2	
			5			6	3	
	1			2				3
			9					4
			7	5				
				3				2
		2		7	8	3		
4	7							8

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 (760) 568-0108 or contact us online today.

7	9	4	8	5	1	3	6	2
3	6	8	4	2	9	5	7	1
1	5	2	3	6	7	4	8	9
8	7	9	1	4	6	2	5	3
2	1	3	5	7	8	9	4	6
5	4	6	9	3	2	8	1	7
4	8	1	6	9	3	7	2	5
6	3	7	2	8	5	1	9	4
9	2	5	7	1	4	6	3	8