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Local Physician Publishes Article on Running Injuries in Peer Journal

ROCKFORD, IL January 26, 2012 ... **Ryan Enke, MD**, of Rockford Orthopedic Associates, Ltd. co-authored an article accepted for publication in the upcoming February 2012 issue of JCOM (Journal of Clinical Outcomes Management), titled *“Diagnosis, Treatment, and Prevention of Common Running Injuries.”* JCOM is a peer-reviewed journal offering evidence-based, practical information for improving health care quality and is a resource for primary care practitioners and other decision makers in the managed care arena.

The article addresses four common running injuries and literature review to demonstrate that most running injuries are related to cumulative microtrauma, with additional factors playing a role, and that an individualized comprehensive rehabilitation plan is crucial to not only treat these injuries but also in preventing injury recurrence.

As a Physical Medicine and Rehabilitation specialist, Dr. Enke’s practice is focused on providing non-operative treatment and rehabilitation of musculoskeletal injuries and pain with the goals of restoring function and improving quality of life. He has a special interest in the treatment and rehabilitation of runners and endurance athletes and is board-certified by the American Board of Physical Medicine and Rehabilitation.

Rockford Orthopedic Associates, Ltd. serves the Northern Illinois region in multi-specialty orthopedics and offers a full range of orthopedic care including the specialties of podiatry, physical medicine and rehabilitation, and rheumatology. Rockford Orthopedic offers the ancillary services of physical therapy, MRI, prosthetics and orthotics, workers compensation and an out patient surgery center. #