

# WHAT YOUR NIGGLE IS REALLY TELLING YOU

**A Physio's Insight into Early Warning Signs for Runners**  
*Hindmarsh Physio & Sports | Expert Care for Runners in Adelaide*



## RUNNERS KNOW THE FEELING

That dull ache in your knee halfway through a run. A tight calf that doesn't quite loosen up. A twinge in your hip after intervals. You tell yourself it's nothing. That it'll go away.

And sometimes... it does. But more often, it's your body waving a little red flag.

**At Hindmarsh Physio & Sports**, we call these niggles – and understanding them can be the key to staying injury-free and running stronger for longer.

This guide will help you:

- Spot early warning signs before they turn into injuries
- Understand what your body is really trying to tell you
- Know when to act and who to see

## **WHAT EXACTLY IS A NIGGLE?**

A niggle is a mild pain, tightness, or discomfort that:

- Comes on during or after a run
- Doesn't stop you completely, but nags at you
- Is often ignored... until it escalates

Think of a niggle as an amber light – not a full stop, but a signal to slow down and assess.

## **5 COMMON NIGGLES – AND WHAT THEY MAY MEAN**

### **1. Knee Discomfort (esp. front of knee or outer knee)**

*Could indicate:* Patellofemoral pain, ITB irritation

*Often caused by:* Muscle imbalances, poor glute control, overtraining

### **2. Tight or Sore Calves**

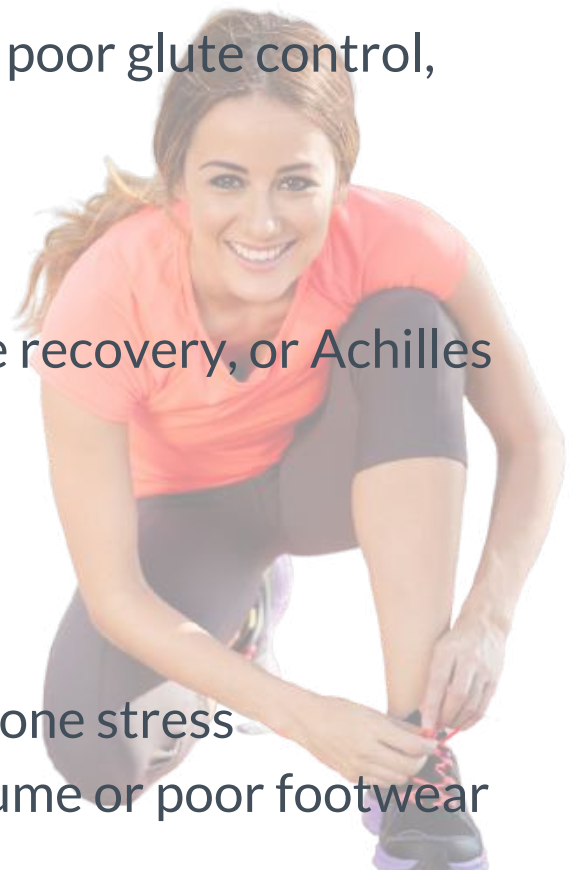
*Could indicate:* Overload, inadequate recovery, or Achilles tendon strain

*Worsens with:* Speed work or hills

### **3. Shin Pain or Dull Ache**

*Could indicate:* Early shin splints or bone stress

*Often due to:* Sudden increase in volume or poor footwear



#### 4. Foot Arch or Heel Pain

*Could indicate:* Plantar fasciitis or tendon irritation

*Common in:* Runners with high arches or flat feet

#### 5. Hip or Glute Twinges

*Could indicate:* Weak glutes, SIJ stress, or piriformis irritation

*May show up:* After long runs or speed sessions

## **SIGNS YOUR NIGGLE ISN'T JUST “NOTHING”**

- It's lasting more than 5-7 days, even with rest
- It's getting worse, not better, as your training continues
- It's changing the way you run (even slightly)

These are all signs that your body is adapting — and not in a good way.



## **WHAT TO DO NEXT (BEFORE IT BECOMES A FULL-BLOWN INJURY)**

- Don't ignore it. Niggles don't mean you have to stop, but they mean you must adjust.
- Get assessed early. A qualified physio can often pick up the root cause in one session.
- Try active recovery. Mobility work, load modification, and targeted strength are your best friends.

At Hindmarsh Physio, we specialise in helping runners stay on track — not sidelined.

**Every runner is different. Let us help you figure out what your body is telling you.**

## **WOULD YOU LIKE OUR RUNNER'S RECOVERY CHECKLIST**



*Your Physio-Backed Plan to Stay Injury-Free & Keep Running Strong*

[Click here](#) or the image **BELOW**  
to download your own copy

**RUNNERS  
RECOVERY LIST  
HERE**

We are passionate about providing our patients and community with information on prevention and management

We have put together a comprehensive free check list designed for runners dealing with a niggle, mild injury, or just feeling the wear and tear of training. Use it post-run, after a race, or during a recovery phase to stay on top of your body's needs and avoid bigger setbacks.



Take that first step and book a Physiotherapy Assessment  
You can call us on **83462000** at Hindmarsh or [CONTACT US ONLINE HERE](#) to  
request an appointment. **Dont forget to tell us you're a RUNNER**

*We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk*