
Table 2: Sources of training errors revealed by history-taking

| Source of error | Factors to examine in history |
|------------------|--|
| Exercise surface | Change to road or concrete for training Pain may be unilateral if roads have exaggerated camber Use of new field, court or gym equipment |
| Incline | Patient recently started hill training or running up and down steps |
| Intensity | Patient exercising too much too soon Training diary should be checked or patient should start one |

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