

COMMON RUNNING INJURIES – RUNNER’S KNEE

SYMPTOMS

When a person has Runner’s Knee, the pain increases gradually and is usually located beneath or around the kneecap. The pain is aggravated by squatting and going up and down stairs. Stiffness in the knee after prolonged sitting is also a symptom of this injury.

COMMON CAUSES

Causes may include:

- Weak quadricep and hip muscles
- Tight hamstrings and quadriceps muscles
- Change in running shoes or running surface
- Old and worn out running shoes
- Incorrect shoe type
- Poor Foot mechanics. Inefficient foot.
- Increasing weekly mileage too quickly

TREATMENT

Treatments for this condition may include:

- Avoiding painful activities
- Applying ice
- Taking anti-inflammatory medications (if tolerated)
- Stretching calf, hamstrings, quadriceps, and hip flexors
- Strengthening quadriceps, hip abductors, and hip extensor muscles
- Physical therapy
- Correct foot and/or shoe issues such as not enough support
- Replacing running shoes every 400 miles

PREVENTION

Efforts to prevent runners' knee from happening begin with improving strength. Your hip strengthening is very important to avoid most common lower leg injuries including Runner’s Knee.

To strengthen the hip abductors, lie on your side, keep your hip and knee in a straight line and kick leg up towards the ceiling keeping leg in line with the body. To strengthen the hip extensors, lie on your stomach, squeeze your buttock muscles, and lift your leg off the ground.

A runner should perform strengthening slowly and with good control. Repeat 15 to 20 repetitions and do three sets.