

Runner's Rescue:

Managing Your Knee Pain

*1/3 of runners
will incur an
injury in a
given year*

*1/3 of
running
injuries
involve the
knee*

Why do runners get injured?

- Too much, too fast
- Cumulative stress from prolonged training without distinct periods of rest
- Individual biomechanics, (flat feet, high arches, etc.)
- Training surface, (hills, angled roads, etc.)
- Age, condition and fit of running shoes

Common conditions causing knee pain in runners

Patello-Femoral Pain Syndrome

Patello-Femoral Syndrome (PFS) is the medical name for a condition that causes pain in and around the kneecap. The patella (kneecap) is designed to move smoothly over a groove on the femur (thigh bone). When the patella is not moving or "tracking" properly over the femur, PFS can develop.

Iliotibial Band Syndrome

Marked by a sharp, burning knee or hip pain, Iliotibial Band Syndrome (ITBS) is a very common injury among runners. Most people feel the pain on the outside of their knee. The iliotibial band (ITB) is a band of tissue that runs along the outside of the thigh—from the top of the hip to the outside of the knee. When the ITB gets tight, it can cause pain. Over-training is the most common cause, but running on a banked surface, inadequate warm-up or cool-down, or certain physical abnormalities may also lead to ITBS.

Patellar Tendonitis

The patellar tendon connects the kneecap (the patella) to the shin bone. Patellar tendonitis is the condition that arises when the tendon and the tissues that surround it, become inflamed and irritated. This is usually due to overuse.

Most knee injuries can be resolved with conservative treatment, and should not be considered inevitable or debilitating for runners. In fact, most knee pain is easily corrected if properly managed.

Reduce your risk of injury!

Adequate preparation

- Warm up and cool down
- Hydrate prior to running

Good technique and practices

- Gradually build up mileage and intensity (no more than 10% per week)
- Allow 24–48 hours between running sessions
- Cross training, cycling or swimming can be done on 'rest' days
- Cut down if you experience pain.
- Ice your knees for 10 to 20 minutes after activity, if you experience pain

Check running surfaces

- Run on a clear, smooth, even and reasonably soft surface
- Gradually introduce surface changes
- Run on a variety of surfaces

Wear the right equipment

- Select running shoes that match foot type and have them fitted by a professional
- Take old shoes with to identify where shoes have worn the most

▶ See the reverse of this laminated card for exercises that may help you recover from your knee pain.

Managing Your Knee Pain

Leg, Hip Flexor, Glute, Calf & Inner/Outer Thigh Stretches

The following leg stretches target the major leg muscles. Muscles such as the hip flexor are often neglected that's why it's important to stretch it. For a great stretch after a long walk or a jog, you can do the hamstring stretches. Keep in mind that these exercises also cut the risk of injury from strenuous exercise and lessens muscle soreness.



Hip Flexor Stretch

Muscles such as the hip flexor are often neglected that's why it's important to stretch them. Keep in mind that this exercise also cuts the risk of injury from strenuous exercise and lessens muscle soreness.



Glute Stretch

The gluteus or "glutes" form your buttocks. This large muscle is mainly used to extend the leg into a straight line with the torso and to rotate leg at the hip.



Supine Hamstring Stretch

The hamstrings consist of three muscles that make up the back of your upper leg—the biceps femoris, semitendinosis, and semimembranosus. Their function is to extend the hip joint and flex the knee.



Prone Quadriceps Stretch

Quadriceps stretches reduce pressure on your knees. Bear in mind that by keeping your quadriceps strong and flexible you also cut the risk of knee injury from strenuous fitness activities. It is important to stretch these muscles before and after a workout.



Inner Thigh (adductor muscles) or Adduction Stretch

Muscles do not work alone when performing certain exercises. Adductor muscles are working simultaneously with others while working out.



Outer Thigh (abductor muscles) or Abduction Stretch

Although the hip abductor muscles work with your other muscles when performing exercises it would be really great if you choose to isolate them.



Calf Stretch

One of the major benefits of stretching is that it increases your flexibility. Calf stretches that bend the knee of the calf being stretched focus on the soleus muscle. On the other hand, calf stretches that extend the knee focus on the gastrocnemius muscle.