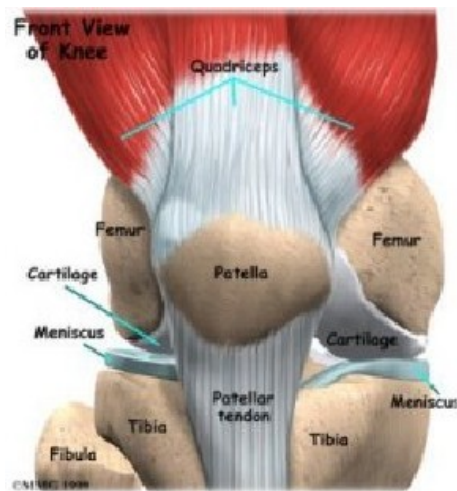


RUNNER'S KNEE



DESCRIPTION: Pain and inflammation resulting from the wearing away of the articular cartilage under the kneecap. The kneecap cannot track properly because of the debilitated condition of the cartilage.

SYMPTOMS: Dull pain around or under the kneecap that gets worse running downhill, or doing anything that forces the knee to bear weight while straightened. A grinding noise may also be heard when the knee is flexed

CAUSES: Overpronation, muscle imbalances, and muscle tightness all contribute to Runner's knee because they cause the legs to bend inwards and the kneecap to twist sideways. Improper footwear, poor running form, and overtraining are also common causes of this injury.

SELF-TREATMENT: Discontinue running/walking and focus on stretching and correcting muscle imbalances. Ice and massage the knee.

HELPFUL PRODUCTS:

STRENGTHENING BANDS: Strengthening bands will allow for correction of muscle imbalances using variable resistance that is low impact.

FOAM ROLLER: A foam roller will work as a self-massage tool to increase flexibility in the surrounding muscles.

FOOTWEAR/INSOLES: Ensuring that running shoes have adequate shock absorption and proper arch support will reduce the impact of the overuse injury. Insoles may also be needed to correct biomechanical deficiencies.

PATELLAR TENDON STRAP: The patellar tendon strap sits directly below the kneecap and will reduce tension and apply compression, reducing inflammation.

KNEE SUPPORT: The knee support will hold the kneecap in place and provide compression, reducing inflammation.

GOOD FORM RUNNING: Heel striking with a straight leg and no bend in the knee causes the knee to absorb shock in an unnatural way, in turn causing swelling, pain, and the deterioration of cartilage. Sign up for our free clinic and learn how to run more efficiently and avoid injury.



GRANDVILLE:
Wednesday 6:30 PM

EASTOWN:
Monday 6:00 PM

www.goodformrunning.com