

# 1 - Runners Knee

Patellofemoral pain syndrome **PFPS** irritation of the cartilage on the underside of the patella (kneecap). 40% of running injuries are knee related. PFPS flares up during or after long runs, after extended periods seated or using stairs and also adopting incorrect posture and movement while performing squats etc.

## Who's at risk!

Anyone with biomechanical factors that put extra load onto the knee, over pronation (excessive inward foot rolling) and weak quads, hips, glutes.

**STOP** activity if you have pain on the inside or outside of knee and it does not ease through the day. **ICE** if there is swelling. While at rest if the pain does not dissipate or flares up more - **STOP**. Only run when pain free especially after long seated period.

**REHAB** - Strengthen weak hips, glutes with lateral side steps (resistance band can be used). Cycling can speed up recovery by working quads, avoid running down hill for limited period. Shorten stride length may also help long term especially if there is a history. Adopt a run every other day approach to allow recovery and replace with cycle ride/spin bike, swim or conditioning session.

