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METRO SPORTSMED®
Physical & Occupational Therapy

METRO SPORTSMED® Physical and Occupational Therapy is pleased to present information on understanding the causes and treatments for **Runner's Knee**. Whether you jog occasionally or run competitively, these pointers can be helpful in identifying and avoiding the common pitfalls.

Thank you for choosing us as your rehabilitation provider,

The METRO SPORTSMED® Team

www.metrosportsmed.com

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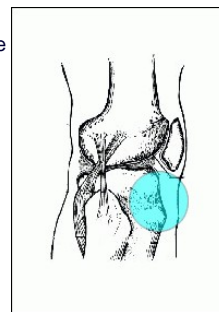
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Overcoming Runner's Knee: Discovering The Best Treatment

Runner's knee is associated with pain around the kneecap. It happens when the smooth, cushioning cartilage surrounding the knee gets worn away, leaving bone to grind against bone.

This condition usually occurs when runners intensify their workouts by increasing either their running speed or their distance. Most sufferers of runner's knee complain of the following symptoms:

- Pain beneath or on side of the kneecap
- Pain while jogging downhill or walking down stairs
- Joint stiffness after long periods of sitting in one position
- Swelling around the knee



Why does this happen?

Common causes include weak thigh muscles, improper or worn shoes, and improper training. Your thigh muscles have the important task of holding your kneecap in place, but if they're not strong enough, they won't be able to do their job. Running tends to work the back thigh muscles (a.k.a. hamstrings) more so than those in the front (quadriceps), so if you're not working your muscles equally, this imbalance might be enough to put undue stress on your kneecap. This eventually results in wearing down of your cartilage and ultimately leads to painful cases of runner's knee.

Your feet may play a role, especially if you're landing too much on the inside or outside of your feet. This causes excessive shock to travel to your kneecaps, causing damage over time.

Overusing injured knees will only lead to further injury, as will running on an uneven surface. If you're starting to feel the symptoms of runner's knee, ease up on your workout a bit and make sure your running surface is as level as possible.

Treat Your Runner's Knee

Treatment for runner's knee can begin at home, first by icing your knee(s) for 15 minutes immediately after running. You can also take an anti-inflammatory medication such as ibuprofen or aspirin, but be sure to take it with a light snack after you run, never before you start your workout. If you don't see significant pain improvement within two weeks of self-treatment, contact a METRO SPORTSMED® physical therapist for more options.

A WORD OF CAUTION:

The sooner you seek professional treatments for your runner's knee, the less likely your chances of further injury. Letting your knee go untreated for too long can result in permanent damage that could require more aggressive treatments, such as corrective surgery.

Stronger Quadriceps = Less Pain With Runner's Knee

The first thing to do is STOP RUNNING and *slow down the pace of walking*. Avoid exercises that place undue stresses onto the knee and aggravate your existing pain level. Listen to your body.

Apply ice for 10-15 minutes, twice a day, on the painful area. Keep the leg elevated if there's swelling.

Once the pain subsides completely, and when your muscles are ready, the following

METROFIT Health & Wellness Division

In an effort to meet the growing needs of the community, we have developed METROFIT™ a health and wellness division to compliment your active lifestyle. We offer [nutritional services & natural supplements](#), an [online store](#)- featuring rehab items used during your sessions, along with a wide array of fitness and yoga classes to suit your schedule.

Please feel free to visit our site@
www.metrofitonline.com

MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: June 1st

Time: 7:00-8:00 pm

Place: METRO SPORTSMED Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :
jsheinberg@metrosportsmed.com

Try Our [FOAM ROLLERS](#) to help relieve tightness of the IT BAND

(Iliotibial band is a thick band of tissue along the outer side of the thigh)

METROFIT Foam Rollers are constructed of high density 21½ lb. foam for long-lasting performance. Full-round rollers are typically used for developing core stability, dynamic balance, and proprioception, as well as for self-massage and alignment activities.

OUR PRICE:\$12.46

FREE LECTURE: FOOT & ANKLE PAIN

Date: Thursday, June 4th

Time: 12:00-1:00 pm
Place: **METRO SPORTSMED**

380 Second Avenue Gramercy Park, Manhattan

For more information please contact:
jshainberg@metrosportsmed.com

REFRESHMENTS WILL BE SERVED

exercises can be beneficial, within the limits of pain.

Leg raises:

Lie down flat on your back. Bend the 'good' knee, and keep the painful knee straight. Lift the leg straight (knees locked) up to the height of the other knee. Hold for 5 seconds, then bring it down straight. Repeat 10-20 times.



Squats:

Stand with your feet shoulder width apart. Gently push your hips back and bend your knees, while staying on your feet; i.e do not come up on your toes. Go as low as you can, and then come back up to the standing position. Repeat 10-20 times or until you feel a burn in the muscles of the thigh.


If your injury does not respond to these types of self-treatment exercises within 1-2 weeks, see your doctor or a **METRO SPORTSMED®** physical therapist for an effective plan of treatment.

At **METRO SPORTSMED®** Physical Therapy, our team of clinical specialists can direct you towards the proper exercises to help you prevent runner's knee. Call us to schedule an appointment today, we'll get you off to a running start! 718 **METROSPORTSMED** (718 638 7677)

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