Gazelle Sports

Runner’s Knee

What is it?

- Typically pain under or around the knee cap. It can worsen with activity, descending stairs, prolonged sitting, standing or running.

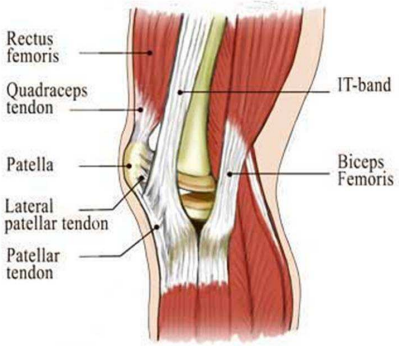

Figure 2 © 2009 www.erikdalton.com

What does it feel like?

- Pain behind or around the kneecap.
- Popping or grinding sensations in the knee.

What are possible causes?

- Overuse, repetitive activities such as walking or running.
- Direct trauma to the knee, like a fall or blow.
- Misalignment can cause rubbing and friction behind the knee cap, resulting in pain.
- Flat feet, fallen arches or overpronation.
- Weak or unbalanced strength between thigh, hip and core muscles.
- Poor flexibility across the thigh, hamstrings and iliotibial band.

What can I do?

- Rest the knee. As much as possible, try to avoid putting weight on your knee.
- Ice your knee to reduce pain and swelling.
- Compress your knee with an elastic bandage, straps, or sleeves to give your knee extra support.
- Elevate your knee on a pillow when you're sitting or lying down.
- Practice stretching and strengthening exercises if your doctor recommends them.
- Wear arch supports in your shoes.

How Can I Prevent Runner's Knee?

- Keep your thigh muscles strong and limber with regular stretching.
- Wear orthotics and supportive shoes.
- Avoid running on hard surfaces, like concrete.
- Stay in shape and keep a healthy weight.
- Never abruptly increase the intensity of your workout. Make changes slowly.

Try these products

- Compression sleeves or socks
- The Stick Massager
- KT tape
- Knee Pro Tec
- Foam roller
- Compression tights
- Shoe inserts

Gazelle Sports is pleased to provide general information such as that above, however, this information is not intended as a substitute for professional medical advice.

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