ON THE MOVE

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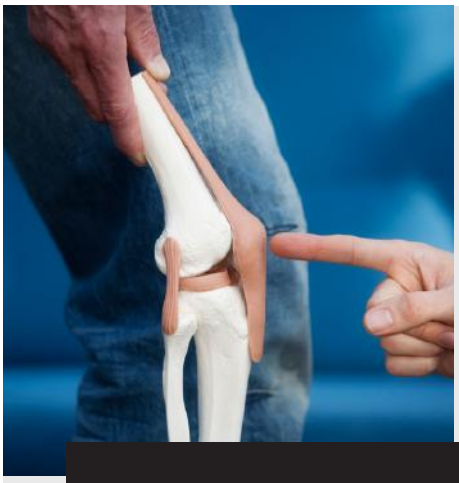
PhysioQinesis

The Official Monthly Newsletter

4 WAYS TO OVERCOME RUNNER'S KNEE



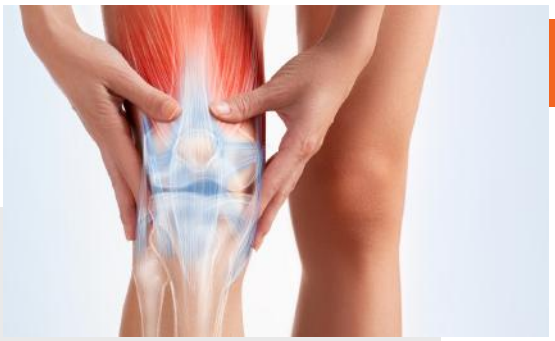
Patellofemoral Pain Syndrome (PFPS), often called "runner's knee," is a common overuse injury among runners. Here are four ways to identify if you are suffering from Runners knee :

1)PAIN AROUND OR BEHIND THE KNEECAP:

PFPS typically causes pain around the front of the knee or behind the kneecap. The pain often worsens with activities like running, squatting, or climbing stairs.

2)PAIN DURING PROLONGED SITTING:

You may feel discomfort or pain after sitting for extended periods with knees bent, known as the "theater sign"which can be a symptom of PFPS.



3)KNEE GRINDING OR CLICKING SENSATION:

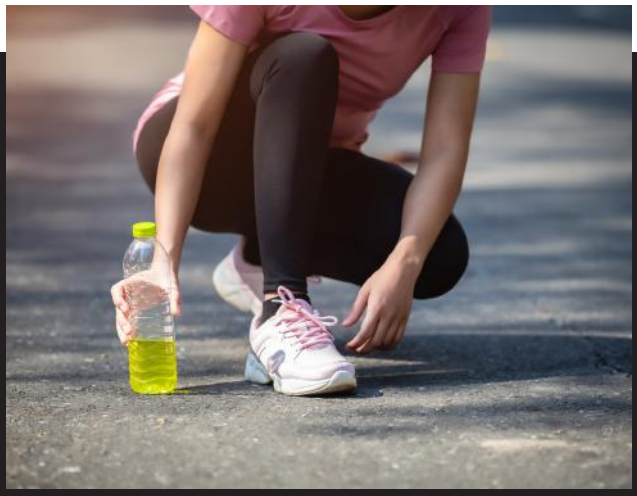
Some runners report a grinding or clicking feeling when bending or straightening the knee, which can indicate irritation between the kneecap and the thigh bone.

4)WORSENED SYMPTOMS DURING IMPACT ACTIVITIES:

PFPS pain generally increases with activities that put stress on the knee joint, such as running downhill, jumping, or sudden changes in direction.

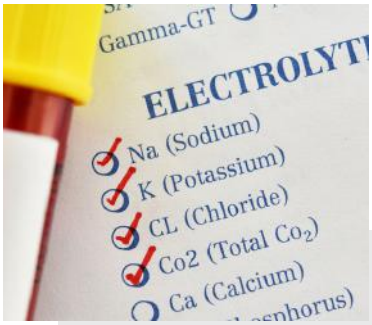
If you suffer from the above symptoms,
Book your running gait analysis with us today!
Early identification with a running gait analysis can help you find out whether you may be predisposed to PFPS and prevent further worsening.

3 IMPORTANT USES OF ELECTROLYTES FOR RUNNERS



Electrolytes are crucial for runners due to their role in maintaining hydration, muscle function, and overall performance.

Here are three reasons why you need electrolytes for your run -



1)HYDRATION AND FLUID BALANCE:

Electrolytes such as sodium, potassium, and chloride help regulate the body's fluid levels. During a run, especially in hot or humid conditions, sweating causes the body to lose both water and electrolytes. Replenishing electrolytes helps maintain fluid balance and prevents dehydration, which can impair performance and cause fatigue.

2)MUSCLE FUNCTION AND CRAMP PREVENTION:

Electrolytes like potassium, calcium, and magnesium play a key role in muscle contraction and relaxation. An imbalance or depletion of these electrolytes can lead to muscle cramps or weakness, which can significantly affect your running performance.

3)ENERGY PRODUCTION AND NERVE FUNCTION:

Sodium and potassium are essential for transmitting electrical signals between nerves and muscles. Proper electrolyte balance ensures that the body's cells function efficiently, aiding energy production and helping you maintain endurance during long or intense workouts.

So next time you go for a run, especially a long one, do not forget about electrolytes.

2 WAYS TO STRENGTHEN YOUR HIP FLEXORS -

1)SPRINTER STEP-UPS:

How to do it:

Stand with a box or bench in front of you.Place one foot on the bench and drive through the heel to step up explosively, bringing the opposite knee up toward your chest in a sprinting motion.

Step down slowly and repeat on the other side, alternating legs.

2)RESISTANCE BAND KNEE DRIVE:

How to do it:

Attach a resistance band to a low anchor point and loop it around one ankle. Stand facing away from the anchor point and drive your knee up toward your chest, working against the resistance of the band.

Slowly lower your leg and repeat, then switch sides.

1 ONE TIP TO PREVENT OVERTRAINING IN RUNNERS

It is estimated that 30-50% of elite marathon runners experience overtraining at some point during their marathon cycles.
Inadequate strengthening and recovery is the most common reason for overtraining.
At Physioqinesis,we offer tailor-made strengthening and recovery programs for runners thanks to our team of running experts.So leave the planning to us and enjoy your run without any glitches!