

## Knee pain and running

It can start with a bit of twinge as you get out of a low chair and progress onto an annoying ache as you get into your daily walk. Or it can be brought on by a slip on a wet road as you run down a steep incline. One way or the other it's interfering with your training. I'm talking about your sore knee. Knee pain is common in runners and walkers. Depending on the cause and severity of the pain you may be able to work through it while having treatment or you may have to take some time out from training. Here are some common signs and symptoms associated with knee injuries.

**Swelling:** This is a sign to be taken seriously. Swelling comes on when the knee is significantly inflamed inside, eg, from a torn cartilage, wear and tear or a significant ligament injury. You should definitely consult your local Chartered Physiotherapist if you have knee swelling.

**Mild ache:** This can be a sign of many problems, from overuse, to muscle weakness to biomechanical problems. Your Chartered Physiotherapist will be able to tell you exactly what the problem is and what you need to do to correct it.

**Weakness:** This may be simply due to increasing training too quickly or overtraining. Look at your training schedule and make sure that you have sufficient rest time/days between heavy sessions. Persevere and you'll get there!

**Knee collapsing:** If this is happening without warning you may have damaged your cruciate ligament. This is usually associated with trauma so you will probably have had a fall at some stage in the past. Consult your local Chartered Physiotherapist or GP, who may need to refer you to see an orthopaedic consultant.

**Creaking/grinding:** This is a common problem and is usually due to some wear and tear behind the knee cap. Often it is painfree, just noisy. If this is the case, don't worry. If it is painful consult your local Chartered Physiotherapist who will be able to help you to strengthen the muscles around the knee cap and will correct the angle of the knee cap and feet if necessary to take the pressure off the kneecap.

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