

## LET'S GET READY TO RUN!

**It's almost summer and you're probably thinking about dusting off those running shoes, yet one of the most commonly asked questions lingers...**

### **Will Running Wear Out My Joints?**

There are many types of arthritis, however, the most common is Osteoarthritis. We tend to get extra cautious when there are signs of arthritis or degenerative change on an x-ray, especially if that appears alongside pain. BUT, there is an ever-growing body of evidence that encourages us not to worry - here are our favorite facts!

- Studies of former varsity athletes show no difference in the development of hip and knee arthritis in swimmers versus cross country runners
- Most running injuries occur due to overuse, inappropriate progression of training volume or poor biomechanics
  - Moderate running does not promote progression or development of osteoarthritis however decreases the risk of other chronic diseases such as diabetes & heart disease!
- 85% of adults with no knee pain had signs of knee arthritis
  - 77% of adult hockey players with no history of hip pain showed signs of arthritis

## WHAT DO WE RECOMMEND?

Check in with a **physiotherapist to assess your bio-mechanics**. We have a detailed way of assessing your risk of an overuse injury! We will also touch on your current fitness level, goals and injury history in order to determine a safe and achievable plan that will gradually increase your training without increasing the risk of injury.

## WHAT ELSE DO WE RECOMMEND...

We have lots of tips, information, exercises and videos on our website. Please check it out for more. Contact us for details! **604-983-6616**

Happy running!