



Common Joint Pain in the Running Community

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Background

The Covid-19 pandemic has seen an increase in people becoming more physically active to help achieve or maintain healthy body weight, whilst improving overall physical and mental health.

However, aside from the health benefits of running, high training load, poor technique and insufficient recovery are associated with musculoskeletal injuries and joint pain.

Aim

To investigate self-reported joint pain in the running community.

Methods

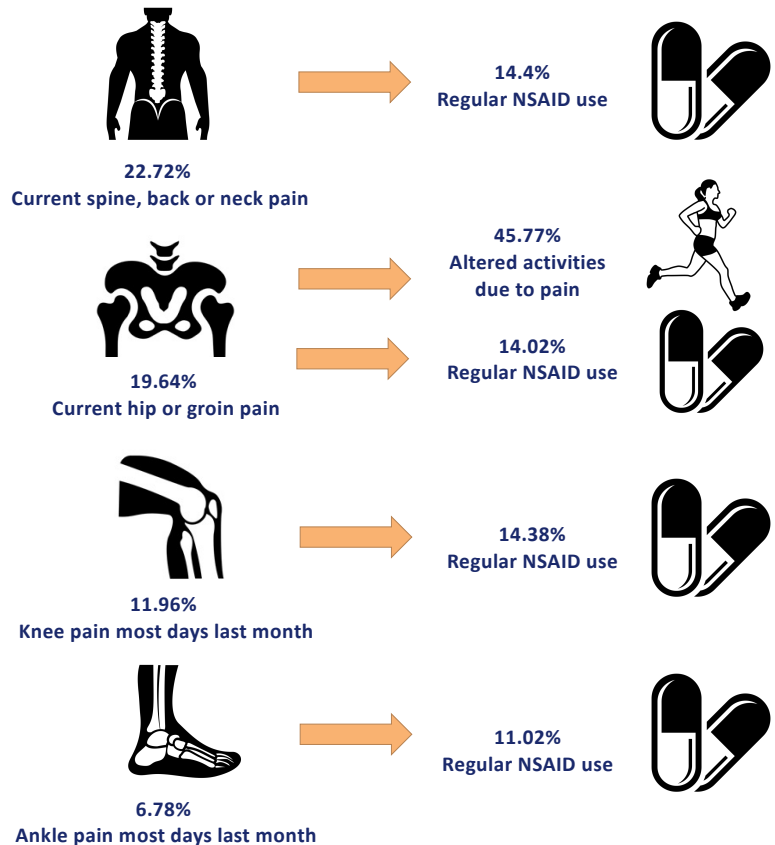
- Data collected as part of 'Running Through' a global prospective cohort study between February to October 2021.
- Study designed in collaboration with Patient and Public Involvement (PPI) members of Nottingham running community.
- Baseline data collected from UK community runners, joggers and Nordic Walkers via electronic survey were analysed.

Results

Baseline characteristics

- 2606 participants
- 57 % female
- Mean age 49.8 years (SD 12.7)
- Mean BMI 24.4 (SD 4.2)
- 19% self-report having an injury or illness which affects their running

Results continued



Conclusions

- Many people participating in running related activities in the community are experiencing joint pain, which they currently manage through altering their physical activities or Non-Steroidal Anti-Inflammatory (NSAID) medication.
- There is a need to develop preventative interventions to reduce the risk of injury and pain whilst supporting people to remain physically active.

Funded By



Thank you to all participants of the Running Through study for their involvement and continued sharing of their training data.

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Image Attribution: Spine Anatomy by ProSymbols; Pills by Dima Lagunov; Pelvis by Delwar Hossain; Running Woman by Christian Mohr Knee Joint and Ankle Joint by Vectors Market from NounProject.com





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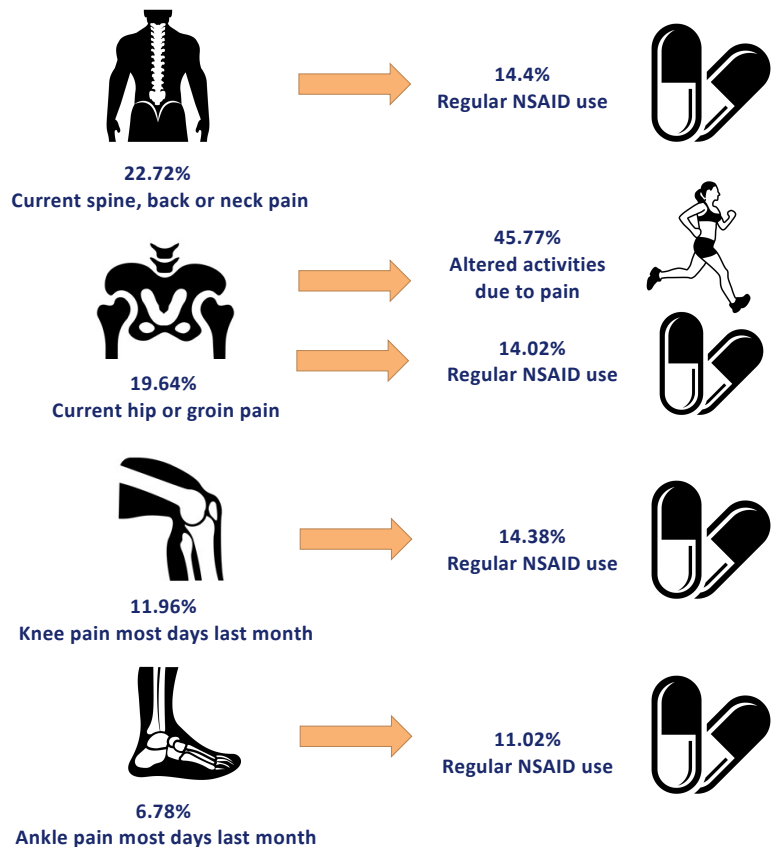
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