

## Common Joint Pain In The Running Community

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### Background and aims:

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. This study aimed to investigate self-reported joint pain in the running community.

### Methods:

Baseline data from 'Running Through', a prospective cohort study of community runners, joggers and Nordic walkers were collected via electronic survey between February – October 2021.

### Results:

The baseline survey was completed by 2606 participants, 57% female, mean age 49.78 years (SD 12.69). Spine, back or neck problems were the cause of 22.72% reporting they currently experienced pain and discomfort, with 14.44% regularly taking Non-Steroidal Anti-Inflammatory Drugs (NSAIDs). Pain, discomfort, or problems with their hip(s) or groin was experienced by 19.64%, with 45.77% of these runners having had to alter their activities as a result of this pain and 14.02% regularly taking NSAIDs. Pain was reported to be experienced on most days of the last month in knees (11.86%) and ankles (6.78%) with 14.38% and 11.02%, respectively, of those experiencing pain in these joints taking NSAIDs regularly.

### 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 taking NSAIDs medications. There is a need to develop preventative interventions to reduce the risk of injury and pain whilst supporting people to remain physically active.

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