

How to Cure Runner's Knee



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Do you experience pain and discomfort in your knees after running or exercising? Are the area around your kneecap and inside of your knee sore to the touch? If so, you may have runner's knee or also known as patellofemoral syndrome. This condition is caused by stress on your knees from repetitive strain during exercise, which leads to inflammation of the patella (kneecap) and surrounding areas. Let this article help you understand what causes runner's knee and steps to cure it. Once you read this, you will know how to prevent it in the future and treat it if necessary.

What is Runner's Knee?

Runner's knee (patellofemoral syndrome) is an injury caused by repetitive stress on your knee joint. It can affect anyone who regularly does activities that put pressure on your knees, such as running, hiking, biking, or dancing. It's also known as "runner's knee," "runner's pain," "patellofemoral pain," "patellofemoral pain syndrome," "PFPS," or "pads." It's common in people who do activities that involve running and jumping, like basketball, soccer, and volleyball. The knee joint is where your upper leg bone (the femur) meets your

lower leg bone (tibia) and is held together by ligaments and a little bit of cartilage. The patella (kneecap) is a small bone that sits in a groove in your knee joint. When your knee is bent, your patella slides back and forth over the groove.

Causes of Runner's Knee

Overloading your knees during activities that involve running or jumping can cause the cartilage to wear down and lead to inflammation. The knee is a very common site for overuse injuries because it bears the weight of your entire body. The cartilage in the knee helps reduce friction between the bones and also serves as a shock absorber. If you have runner's knee, the cartilage in your knee is getting worn down, which can lead to pain and discomfort in your knee joint and surrounding areas. There are a number of factors that may contribute to runner's knee, including poor biomechanics, muscle imbalances, weak core muscles, and overuse. If you have poor biomechanics, your body is not aligned properly when you walk or run. This puts added stress on your knees. Muscles that are imbalanced cause misalignment of your bones, which can also put added stress on your knees. Weak core muscles can also cause misalignment of your bones and increase the stress on your knees. If you have overused your knees, they may become inflamed and cause pain.

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If you think you may have runner's knee, you should see your doctor. They can examine your knees and determine if you have runner's knee. They may also take an X-ray to rule out other causes for knee pain. Once you've been diagnosed with runner's knee, you can begin treating and curing it. The first thing you should do is rest and avoid doing any strenuous exercise or activities that put strain on your knees. Ice your knees regularly to reduce inflammation and swelling, and use an anti-inflammatory medication to help with pain and swelling. If you wear knee braces, this can help prevent knee injuries and knee pain. To help strengthen your knees and help prevent runner's knee, perform exercises that strengthen your quads, hamstrings, and glutes.

Ways to Prevent Runner's Knee

The best way to prevent runner's knee is to stretch and strengthen your muscles, reduce your stress levels, and wear the proper footwear and gear. If you're a runner, make sure to stretch before and after exercising. Stretching will help improve your flexibility and reduce your risk of getting runner's knee. Try incorporating exercises that strengthen your glutes and hamstrings to help prevent runner's knee. Avoid exercising through pain, and make sure to take plenty of rest days. If you wear the wrong type of footwear, you may put added stress on your knees, which can cause runner's knee.

3 Exercises to Treat and Cure Runner's Knee

There are plenty of exercises you can do to help reduce knee pain and strengthen your knees. Here are three exercises you can do to treat and cure runner's knee: **Knee Squeeze:** Sit with your legs bent and toes pointed up. Put your hands around your knees and squeeze your knees toward your chest. Then, release the pressure and let your knees go back to their original position. This exercise works on your quads, but it also strengthens your inner knee muscles. **Squat:** Squatting is an essential movement that we all should be doing, but many of us are missing out on this essential human movement. In fact, only 1 in 10 people can squat correctly, and this can lead to knee pain, hip pain, back pain and many other movement dysfunctions. Make sure you're doing them correctly by reading this article. **Quadriceps Stretch:** While sitting on the floor, extend one leg out and place the other foot on the inside of your knee. Keeping your foot straight, lean forward and push your heel towards your glute. Then, switch legs and repeat. This exercise helps stretch the quadriceps muscles, which are commonly tight in people who have runner's knee.

Conclusion

Runner's knee is an injury that occurs when the knee joint is stressed repetitively over time. It is a common sports injury. If you're an athlete who regularly participates in sports that involve lots of running, you may be at risk for getting runner's knee. If you've been diagnosed with runner's knee, regular stretching and strengthening exercises can help reduce knee pain and prevent the injury from reoccurring. To prevent runner's knee, make sure to stretch and strengthen your muscles, reduce your stress levels, and wear the proper footwear and gear.