

HEALTH TIP

THE WIN WITHIN
VICTORIOUS

Running with Knee Pain? 3 Important Questions to Answer

Answering these 3 crucial questions is essential for preventing running-related knee injuries from worsening:



PAIN OR SORENESS?

If the sensation in the knee subsides when you move MORE, then this is customary soreness that is common in runners. However, if the pain gets worse with consistent movement, it could be time to see a doctor.



WHERE IS IT LOCATED?

If you can pinpoint the location of the pain, (inside, outside, front, or back of the knee), this helps you and your healthcare provider get to the bottom of it sooner.



ARE THERE OTHER SENSATIONS BESIDES PAIN?

Numbness, tingling, or weakness in the knee in addition to pain are indications that you need to press pause on running and have the knee evaluated by a qualified health care provider.



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