



*Physical Therapy
&
Occupational
Therapy
designed specific to
you & your
family's needs.*

**ORTHOPEDIC &
NEUROMUSCULAR
THERAPY FOR
CHILDREN**

**RUNNING WELL®
SEMINARS**

**SOLE SUPPORTS®
FOOT ORTHOTICS**

**Insurance, Medicare,
Medicaid and
affordable self-pay
rates**

Contents: Research You Can Use • Running Well® • Happenings

Research You Can Use: Iliotibial Band (ITB) Tightness and Patellofemoral Pain Syndrome (PFPS): A case-control study. “The results from this study show that subjects presenting with PFPS do have a tighter ITB.”

Tight soft tissue structures on the painful side of the thigh and knee have been implicated in subjects presenting with patellofemoral pain syndrome (PFPS). This is the type of knee pain often known as “runner’s knee” or chondromalacia patella. It has been proposed that a tight iliotibial band (ITB) pulls on the patella (knee-cap), resulting in poor patellar tracking and compression. This was found to be consistently true in a recent case study of 24 total subjects, 12 in a control group without “acute” knee pain and 12 in the matched study group of individuals with knee pain.

Both groups were matched in age of individuals in their early 30s, similar moderate activity level of running 1 to 3 times/week and/or participating in other recreational sports such as football, kick boxing, soccer, biking, spinning, dancing, squash, golf, gym, rugby, etc. Both groups exhibited tight structures on the outside of thigh and knee but the painful knee side was significantly tighter. It also appeared that the painful knee side also exhibited greater pronation in the ankle, contributing to poor biomechanics from alignment issues. Previous injuries in the subjects included ankle sprain, Achilles tendon pain, lower back pain, groin injury, knee pain and the subjects had not received professional treatment from a healthcare provider for these injuries.

What does this mean for you?

We tend to ignore or “brush off” discomfort or pain. Pain around the knee that worsens with ascending or descending the stairs, squats, running or standing up after sitting for prolonged periods of time warrants a visit to your physical therapist.

Soft tissue and joint restrictions may develop due to poor alignment and muscle weakness, contributory posturing in your sitting, standing or movements which may alter biomechanics around the hip, knee, ankle joint.

If you have or develop knee pain, you have options. We have found the combination of videotaped analysis; custom fitted orthotics; soft tissue and joint treatment from a trained manual physical therapist; trigger point dry needling; specific exercises; and addressing alignment and movement patterns to be very effective for immediate relief of pain. We believe this treatment, when combined with good training, will significantly reduce the risk of joint injury and dysfunction thus decreasing the likelihood of any need for major joint surgery.

This case study is available from: www.sciencedirect.com Manual Therapy 14 (2009) 147 - 151

Running Well® :

Ask yourself, *why do I run?* Most of us have been asked this question by others and can come up with an answer. You may notice the answer to this question changes dependent on what else is going on in your life or other factors such as age.

If your response is to go for a new personal record in the marathon then the next question is, *what happens when the going gets tough out there?* Do you *grit your teeth & run harder?* *Push through?* Maybe you don't run marathons and you run to stay in shape or to "clear your head" or for social reasons. You might experience some joint pain but *doesn't that happen for all runners?*

For the sake of either experiencing a better marathon or for reducing joint pain (joint misalignment); consider the value of a picture in your mind of efficient running. Running, whether it's slow, easy, fast or speedy, needs to be done with efficiency. The image of "fluid running" can make a difference. It will make the whole experience of running more enjoyable and the post running experience more comfortable.

Two things you can do for your "mental game" in your running between now and the Denver Marathon:

1. Make a list of what you want, what you really want from the event and from yourself and look at it every day. It might be something as simple as, "I want my right knee to feel good the whole way."
2. Watch elite runners as much as you can. They make it look easy because they are running efficiently with fluid motion. Get a good "visual" of efficient running and go ahead and try to mimic them. "Try on" what you see.

Denver Marathon Special: Videotaped Screening of your running form for only \$35 and receive some tips for better running for your next event!

Call Karen to schedule, 303-458-9660

September 12th: SUNNYSIDE MUSIC FESTIVAL:

Time: 10 am to 7 pm.

Location: Chaffee Park at 44th & Tejon.

Happenings

Come visit us at our booth, get free advice on how to treat your injuries, on running and check out our Running Well® Program, the Interactive Metronome Program, orthotics or just stop by and say hi. There will be music, food, crafts, artists, and many other local businesses represented at the fair.

September through October: Individual Running Well® Sessions

Running form program with videotaped analysis and drills designed to address any nagging injuries and to guide you in developing skills for efficiency in your running. We use *Dartfish Technology* to provide you with clear visual analysis and feedback throughout your session.