

Does Run Training Cause Knee Arthritis?



Know Your Joints
Muscle and Joint Care
Suggestions

SUMMARY: Like I usually say with questions like this
It Depends! If you are a recreational runner NO.
When you look at the data recreational runners have
less arthritis in the knees and hips compared to their
sedentary peers. It actually is beneficial for joint
health. There is an increase chance from high level
running where mileage is extreme 50+ MILES PER
WEEK WHICH IS EXTREME. Read on for more
details.

A [study](#) published in the June 2017 issue of *JOSPT* suggests that the difference in these outcomes depends on the frequency and intensity of running. Recreational runners **had less** chance of developing knee and hip arthritis compared to nonrunners/sedentary individuals and competitive runners. The researchers concluded that running at a recreational level for many years—up to 15 years and possibly more—may be safely recommended as a general health exercise, **and benefits hip and knee joint health.** **Their findings indicate that remaining sedentary and forgoing exercise increases your rate of knee and hip arthritis, compared with regular recreational running.** However, high-volume and high-intensity training also may increase your risk for arthritis. Other researchers who found a link between high-volume and -intensity runners with knee and hip arthritis defined high-volume running as running more than 57 miles (92 km) per week. The benefits of running are numerous. This study allows you to be confident that recreational running will not harm, and may improve, your hip or knee joint health. Other studies on running related injuries suggest keeping mileage under 20 miles per week. I also suggest keeping cardio to no more than 45 minutes for other health issues, which include mental health. Another [study](#) found that among individuals over 50 years old with knee OA, self-selected running is associated with improved knee pain and not with worsening knee pain or radiographically defined structural progression. **SO IT DID NOT MAKE ARTHRITIS WORSE AND IT DECREASED PAIN.** Details: The researchers reviewed 25 studies that included 125810 people, and ultimately selected 17 studies with a total of 114829 people. This study's authors found that only 3.5% of recreational runners had hip or knee arthritis; this was true for both male and female runners. Individuals in the studies who were sedentary and did not run had a higher rate (10.2%) of hip or knee arthritis. Most of the studies the researchers evaluated that showed an increased risk of arthritis from running focused on runners who were at the elite, ex-elite, or professional level. These professional or elite athletes or individuals who participated in international competition had the highest rate of knee or hip arthritis at 13.3%.