

Got a niggle in your knee? Here's what it could be, say Dr Patrick Goh, consultant sports physician with Sports Medicine International, and Gino Ng, sports physiotherapist at Sports Solutions.

YOU FEEL Pain in front or just below the

kneecap, after or during a run. Knee swelling.
IT PROBABLY is Patellofemoral pain
(PFP) syndrome (or "runner's knee").
Women, with wider hips, are especially prone to
it. Mainly caused by the sideways movement of
the kneecap due to an imbalance between the
inner and outer thigh muscles, or weak or tight

TREAT IT Strengthen the thigh muscles and stretch regularly. A switch to midfoot-style running may also help.

YOU FEEL Pain in the outer knee.

friction syndrome. The IT band is a tough group of fibres that lies on the outside of the thigh extending from hip to knee. A tight IT band is prone to frictional damage at the knee and also leads to PFP.

TREAT IT Ice it, stretch it and use a trigger bull to release tightness in the IT band and gluteus.

hold that stretch!



Yet more studies are finding that pre-exercise static stretching can affect athletic performance in a bad way. The latest, published in the Journal of Strength & Conditioning

Research, found that male runners who did static stretches for 16 minutes before a 60min run performed worse and used up more energy than those who simply sat quietly for 16 minutes. Try dynamic stretching instead, suggests personal trainer and running coach Meghan Kennihan of Chicago, on the Idea Health & Fitness Association website. Do

walking lunges, highknee running, butt kickers and side shuffles.

how we're keeping fit in march

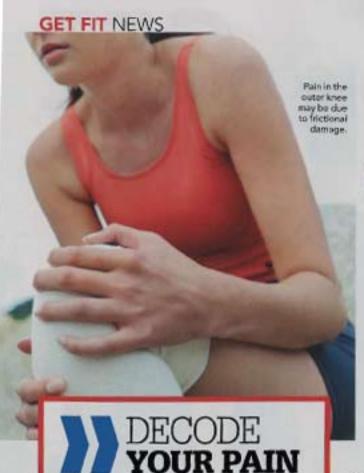


By doing sun salutations on the MRT. Heck, we're taking yoga everywhere, thanks to YogaDownload.com. The site offers video classes for all levels, ranging from 20min flows to 60min intensives. Download, dump on iPod or smartphone, and do a down dog. From US\$1.99 (S\$2.56) per class.

→ By teaming up with our girlfriends to tackle the Venus Run, a 5km cross-country race at Bedok Reservoir on Sunday, March 20. The total age of each three-woman team has to be at least 83 – in celebration of International Women's Day on March 8 (or 8/3 in date form!). Sign up at www. singaporeathletics.org.sg/venus-run-2011.

→ By working out for free. The Health
Promotion Board has a host of fitness classes weekly
that don't cost a cent. Try brisk walking, jogging or
aerobics, all held at convenient locations such as malls,
the CBD area and heartland parks. Find one that suits
you at www.hpb.gov.sg/physicalactivity/.

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