



Runner's Knee Rehab Resources

Patellofemoral Syndrome & Iliotibial Band Syndrome

PATELLOFEMORAL SYNDROME REHAB RESOURCES

If you've recently been diagnosed as suffering from patellofemoral syndrome, also known as "runner's knee", the following list of articles and videos will provide you with a helpful guide to your rehab, and will help you on your journey back to running pain free.

Of course, these resources are not intended to replace individual medical care. If you are concerned about your knee pain, please consult your doctor or see a physiotherapist for an assessment.

- 1 EXERCISES FOR RUNNER'S KNEE - 10 MINUTE REHAB ROUTINE**
Follow this simple set of exercises to begin taking proactive steps to rehabilitate your knee
- 2 CAN YOU CURE RUNNER'S KNEE?**
This is the first instalment of a five-part series on patellofemoral pain rehab from Dr. Brad Neal. Well worth a read!
- 3 WHAT CAUSES RUNNER'S KNEE?**
Learn about the underlying causes of runner's knee, from a biomechanical perspective. How you move matters...
- 4 KNEE STABILITY EXERCISES FOR RUNNERS**
Many people who suffer from runner's knee struggle with their single leg stability. Here's how you can improve!
- 5 TAPING TECHNIQUES FOR RUNNER'S KNEE REHAB**
Alongside exercise-based rehab, there are some simple taping techniques you can use to run without knee pain.

ILIOTIBIAL BAND (ITB) SYNDROME REHAB RESOURCES

If you've recently been diagnosed as suffering from iliotibial band (ITB) syndrome the following list of articles and videos will provide you with a helpful guide to your rehab, and will help you on your journey back to running pain free.

Of course, these resources are not intended to replace individual medical care. If you are concerned about your knee pain, please consult your doctor or see a physiotherapist for an assessment.

- 1 HOW TO TREAT ITB SYNDROME IN RUNNERS**
Learn about the underlying causes of ITB syndrome, and the principles used to successfully treat the injury
- 2 KNEE PAIN WHEN RUNNING... WHAT COULD IT BE?**
How do you know whether you have ITB syndrome, or another type of knee injury? This article explains...
- 3 FOAM ROLLER TECHNIQUES FOR ITB SYNDROME**
In this video, you'll learn about the important dos and don'ts when it comes to foam rolling for ITB syndrome
- 4 RUNNING GAIT & ITB SYNDROME REHAB - STRIDE WIDTH**
Changing your running form can sometimes be an important part of the rehab process for ITB syndrome.
- 5 CAN YOU RUN WITH ITB SYNDROME?**
In this post Dr. Brad Neal discusses whether or not you'll do yourself further damage if running with ITB syndrome

CHECK OUT THESE OTHER FREE TRAINING RESOURCES...

The Kinetic Revolution website has a ton of free resources to help you achieve your running goals, whatever level of runner you are, and whatever you're currently training for.

Here's a selection of some of the most popular training resources, as voted by our readers:



30 Day Challenge – Transform Your Running [FREE]



Marathon Training Plans [FREE]



Half Marathon Training Plans [FREE]

JAMES DUNNE

Founder of Kinetic Revolution

Having graduated from St Mary's University College in London with an honours degree in sports rehabilitation, James build a reputation for helping runners of all levels to overcome injury and return to full training stronger than ever.

James founded his own rehab and coaching business, Kinetic Revolution, back in 2010 with the dream of helping as many runners as possible. Through a combined approach of “real world” coaching and blogging about running injury prevention, rehab and performance training, he now works with runners worldwide.

Tens of thousands of runners now use his resources, and the Kinetic Revolution website to run stronger and remain un-injured in the pursuit of their running goals.

