



Do You Have Knee Pain When You Run?

🏆 **KNEE PAIN** is the most common running injury.

🏆 Coordination between the foot, lower leg, and thigh may be related to this knee pain.

🏆 **PURPOSE:** study differences in leg coordination in runners with knee pain and uninjured runners during a normal running session.

🏆 **INCLUSION CRITERIA:**

- (1) Ages 18-45.
- (2) Run a min. of 10 miles per week.
- (3) Running with knee pain for at least 2 months.

🏆 As a subject, you will be making a significant contribution to this area of research and you may gain a better understanding of your own running mechanics and coordination.

🏆 You will also receive **\$25.00** for participating.

🏆 **THE STUDY INVOLVES:**

One 2-hour data collection at the University of Delaware in Newark. You will run on a treadmill at your normal speed for anywhere from 15 to 45 minutes, depending on your fitness level.

🏆 If interested, please contact Tracy Dierks at 302-831-4646 or email: tdierks@udel.edu

or visit our web site: <http://www.udel.edu/PT/davis/index.htm>.