The Biomechanics of Lower Extremity Overuse Injuries in Recreationally Active People

Investigators

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Overview

Running is a popular recreational activity, and women participate at the same rate as men. Running does not require much equipment and leads to numerous health benefits. Benefits include higher bone mineral density, higher self-esteem, and better cardiovascular health. Unfortunately, there is a high rate of musculoskeletal injury in all runners, with some overuse injuries disproportionately affecting women. Three common overuse injuries occur in female runners more often than male runners: patellofemoral pain syndrome, iliotibial band syndrome, and tibial stress fracture. A common feature of running biomechanics has been reported for all three injuries: large peak hip adduction angle (thigh collapses inwards towards the other limb) during running. Since this angle is also larger in healthy female runners compared to healthy male runners, it may be a good target for intervention to reduce the risk of injury and keep women running.
Funding

Application pending

Contact Us

If you are interested in learning more about current studies being conducted through the Rehabilitation Sciences Gait Biomechanics Lab at Drexel University, please contact Dr. Clare Milner at milner@drexel.edu or 215-762-4974.