

**Specific Question:**

***In adult patients with a diagnosis of osteoarthritis of the knee does running cause harm in comparison with standard strengthening exercises?***

**Clinical bottom line**

*There was no evidence that answered this specific question. Whilst appraising the identified articles we found information of interest pertaining to running and arthritis however these were not comparative studies.*

**Why is this important?**

*Patients with knee osteoarthritis often ask if running will cause harm or whether they should only do the standard prescribed physiotherapy exercises. As a group of clinicians we felt we needed more evidence to appropriately give evidence based advice whilst keeping patients as functional as possible and not limiting their desired sporting activities.*

**Search timeframe**

1946 - 2018

**Inclusion Criteria**

	Description	Search terms
<b>Population and Setting</b>	Adults, Clinical diagnosis of PFJ OA and/or Tibiofemoral OA Runners.	Adults  Runner/s  Patello femoral joint osteoarthritis  Tibiofemoral joint osteoarthritis  Osteoarthritis  Jogging
<b>Intervention or Exposure</b>	Running High impact lower limb exercise Plyometric exercises	Running  High impact lower limb exercise  Plyometric exercises  Lower extremity exercise

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Musculoskeletal Research Facilitation Group (CAT Group)  
Date: 15/10/18

		Plyometrics
<b>Comparison, if any</b>	Standard strengthening exercises prescribed by physiotherapists / podiatrists or sports therapists.	Usual care Physiotherapy Physical Therapy Strengthening Static quadriceps Inner range quads/ Leg extension Small knee bend/ Squats Isometric wall slide Eccentric dips Sit to stand Steps ups/downs Lunges Leg press
<b>Outcomes of interest</b>	Increased pain Increased use of analgesia Instability - Locking, giving way, falls Reduced function / performance Disturbed sleep Increased uptake of healthcare services.	Pain Analgesia use Pain medication use Instability Locking Giving way Fall / Falls Reduced function / performance Disturbed sleep Uptake of healthcare services.

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Date CAT completed: 15/10/18  
Date CAT to be reviewed: N/A

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		Health care utilisation  Imaging  Xray  MRI
<b>Types of studies</b>	RCT,s Meta-analysis Systematic reviews.	

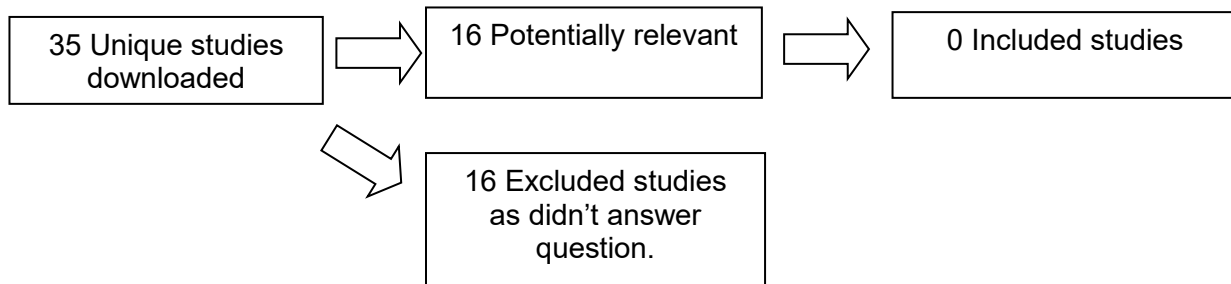
**Routine Databases Searched**

PEDro, BMJ Updates, TRIP, NICE, AMED, Bandolier, The Cochrane Library, Medline, Cinahl, Embase, PsylInfo and Pub med

**Date of search**

25/5/2018

**Results of the search**



## **Summary**

*We did not identify any research that specifically compared running to standard strengthening in order to answer the CAT question.*

## **Implications for Practice/research**

*There is no evidence available investigating if running causes harm in comparison to standard strengthening exercises in adult patients with knee osteoarthritis.  
Further research is needed to answer this question.*

## **What would you tweet? (140 characters)**

Does running cause harm to patients with osteoarthritis of the knee when compared to strengthening exercise? No evidence available, more research required.