Advice and guidance from Dr. Kevin Vincent, MD, PhD, FACSM, CAQSM [6] about Runner's Knee (patellofemoral pain syndrome) was recently featured on Time Magazine [7]/Time Health [8]:

"Gait retraining–where a physical therapist recommends specific ways to change the way you walk or run–also appears to help ease runner's knee pain, especially in combination with a strengthening program.

In general, taking shorter, faster steps takes pressure off your knees, Vincent says. If you run, he recommends counting the number of steps you take per minute. Get a number below 160? Speeding it up by 5 to 10% can reduce the load on your joints and alleviate knee pain."

For more information about runner's knee, including how to avoid the pain - be sure to read the full Time-Health.com [8] article:

- 12 Things You Should Know About Runner's Knee--Even If You Don't Run [9]