

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## Does running increase the risk of developing osteoarthritis?

In a recent Tools for Practice: Based on low-quality observational data, running likely does not increase the risk of developing osteoarthritis, except possibly in elite athletes.<sup>1</sup>

Additionally, recreational running may be associated with lowering the risk of knee osteoarthritis.

Exercise is one of the most effective treatments for reducing osteoarthritic pain for established osteoarthritis. There is a good podcast on this topic by the same authors where they say this is the best evidence to date.<sup>2</sup>

References:

1. Exercise-induced osteoarthritis: Running into problems? Tools for Practice #266. (2020) View here) [View here](#)
2. Exercise-induced osteoarthritis: Running into problems? from Best Science Medicine Podcast. Apple Podcasts. (2020) [View here](#)

[Click here](#) to view more Gems



**If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).**

Copyright © 2020 Goodfellow Unit, All rights reserved.

You are receiving this email because you opted in when you joined [www.goodfellowunit.org](http://www.goodfellowunit.org)

**Our mailing address is:**

Goodfellow Unit

University of Auckland, Grafton Campus, Bldg 507

22-30 Park Ave, Grafton,

Auckland, Auckland 1023

New Zealand