

Kneed for Speed: Why Running Might Not Be Such a Pain

OSF HealthCare Newsroom

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BROADCAST SCRIPT

INTRO:

THERE'S GOOD NEWS FOR BOTH THE WEEKEND WARRIORS – AND MARATHON MANIACS – WHO PRIORITIZE RUNNING IN THEIR LIFESTYLES.

TAKE VO

RESEARCHERS FROM NORTHWESTERN UNIVERSITY RELEASED A STUDY SURVEYING OVER 38-HUNDRED CHICAGO MARATHON RUNNERS. THEY WERE ASKED HOW MANY YEARS THEY'D BEEN RUNNING... WHAT PACE THEY RAN... AND IF THEY HAD ANY FAMILY HISTORY OF ARTHRITIS.

THE RESULTS FOUND NO CONNECTION BETWEEN THEIR RUNNING HABITS AND AN INCREASED RISK OF KNEE OR HIP ARTHRITIS.

DR. KARAN RAI (**PRONOUNCED CURRAN RYE**) – A SPORTS MEDICINE PHYSICIAN WITH OSF HEALTHCARE – SAYS THE BENEFITS OF RUNNING FAR OUTWEIGH THE RISKS.

24 SECOND SOT

“The common myth or misnomer out there is that running can cause arthritis or that it's a big risk factor for arthritis. What we've found over time is that it helps the joints. There's a little bit of that “use it or lost it” where the little bit of stress that running can do, when performed safely, can actually help the joint health.”

VO TAG

DR. RAI WORKS ON RUNNING PLANS WITH PATIENTS WHO HAVE ARTHRITIS. HE SAYS IF YOU LOVE RUNNING – YOU CAN STILL PERSONALIZE YOUR PLAN TO MAKE IT WORK FOR YOU.

VO/SOT #2

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DR. KARAN RAI (**PRONOUNCED RYE**) – A SPORTS MEDICINE PHYSICIAN WITH OSF HEALTHCARE – SAYS IF YOU’RE LOOKING TO GET INTO RUNNING... RUNNING ON AN INDOOR SURFACE IS A GOOD PLACE TO START.

24 SECOND SOT

“Uneven surfaces, things that aren’t as in controlled environments such as outdoor running, can be a little more problematic for people with arthritis. Another thing I discuss with my patients is your mileage. Studies have shown as we get up to more than 15-20 miles a week, your risk for injury rises significantly. Impact matters. Footwear helps cushion that impact. If you’re a regular runner I strongly recommend switching your shoes out every six months or so. Or every 300-500 miles.”

VO TAG

DR. RAI SAYS IF ARTHRITIS BECOMES MORE SEVERE... RUNNING WON’T BE RECOMMENDED. HE SAYS NEW RUNNERS SHOULD START SLOW – LISTEN TO YOUR BODY – AND FOCUS ON HOW YOU FEEL WHILE YOU RUN.