



## Results from online survey



# Perception about running and knee joint health among the public and healthcare practitioners

Jean-Francois ESCULIER, Natasha M. KROWCHUK, Linda C. LI, Jack E. TAUNTON, Michael A. HUNT

*Project conducted by the Department of Physical Therapy, University of British Columbia*

A total of 831 respondents completed our online survey across Canada between September 11, 2017 and January 30, 2018.

- A) 114 non-runners (aged  $61.4 \pm 11.0$  yrs)
  - 52 non-runners without knee osteoarthritis (KOA)
  - 62 non-runners with KOA
  
- B) 388 runners (aged  $51.0 \pm 7.9$  yrs)
  - 338 runners without KOA
  - 50 runners with KOA
  
- C) 329 Healthcare practitioners (aged  $38.6 \pm 11.2$  yrs)
  - 27 Physicians (MD)
  - 148 Physical therapists (PT)
  - 14 Chiropractors (DC)
  - 85 Athletic therapists (CAT)
  - 55 Other

QUESTIONS	MEMBERS OF THE PUBLIC		HEALTHCARE PRACTITIONERS	
	% Agreement	% Uncertain	% Agreement	% Uncertain
1. In general, I see regular running as an activity that hurts the knee joint	13%	26%	8%	14%
2. Frequent running can lead to getting KOA	8%	34%	9%	14%
3. Running long distances (such as marathons and ultra-marathons) can lead to getting KOA	16%	44%	22%	27%
4. People with KOA who continue to run will sustain greater knee cartilage damage leading to more severe KOA	18%	48%	18%	26%
5. It is fine for people who have KOA to run as long as they don't have symptoms on the day they go running	42%	40%	55%	19%
6. A person with KOA who keeps running regularly will speed up the need for knee arthroplasty	12%	53%	9%	25%

## A FEW MORE INTERESTING POINTS

- Non-runners tended to perceive running more negatively than runners did (both in the general public and healthcare practitioners)
- As outlined by the table above, there was a high level of uncertainty about running and knee joint health, especially in those with pre-existing KOA
- 17% of non-runners with KOA reporting a history of running stopped because of their diagnosis of KOA
- 80% of runners would decrease running if they were diagnosed with KOA
- 66% of the general public sought information about running and knee joint health; the most frequent source of information was their PT (33%)

## CONCLUSIONS AND NEXT STEPS

1. High proportions of uncertainty in the general public may represent a barrier to take part in running, especially in those with pre-existing KOA.
2. Results from this study highlight the need for further research about running and knee joint health, as well as knowledge translation strategies to the general public and HCP to optimize evidence-based clinical recommendations.
3. Our research team is planning new studies to explore how we help symptoms and function of runners with KOA, so they can hopefully continue getting health benefits from their favorite sport.

Dr. Jean-Francois Esculier will be presenting findings from the survey at the Osteoarthritis Research Society International conference in Liverpool, UK on April 26-29, 2018, as well as at the American College of Sports Medicine conference in Minneapolis, USA on May 29 – June 2, 2018. A manuscript has also been submitted for publication in a peer-reviewed journal. Dr. Jean-Francois Esculier is supported by a Fellowship award from the Canadian Institutes of Health Research (CIHR) and Dr. Michael Hunt is supported by a Michael Smith Foundation for Health Research Scholar Award and a New Investigator Award from the Canadian Institutes of Health Research.



<http://ubc-mablab.ca>



@UBC\_MABLab

@JFEsculier



ubcmablab

