

# ASK THE SHOE GURU ??

Hi Doc,

*I ran the Carlsbad Half Marathon in January and my freakin' knee is still killing me. It started during my training. I went to my doctor who told me to stop running and referred me to physical therapy. They gave me exercises that my granny could do and it didn't help at all! A doctor told me I have Patellofemoral Pain Syndrome and I will never run again. Plus I'll need surgery. Please help me. I am....  
"In pain and frustrated in North County"*

Whoa there Runner. I sense your frustration, but let me explain how the knee works and what can go wrong with it. There are usually three reasons for knee pain. Trauma, overuse, and degeneration. Since you did not mention a trauma it is more likely that you have a problem with under-pronation or over-pronation. We do not run on our knees but our knees are directly affected by the mechanics of our feet. With over-pronation your knee rotates inward and with under-pronation it does not roll inward enough, resulting in stress on the outside of the knee. This is why running shoes and properly made custom orthotics are used to successfully help treat knee pain.

I often hear overuse used to blame a runner's knee pain. The problem is they only have pain in one knee. Since they ran the race on both legs, thus "overusing" both knees this theory does not make sense. As far as degeneration goes, I often hear the same argument. A 60 year old has right knee pain and told they're just getting old. Aren't both knees the same age?

Since you have knee pain when you run your feet could be the culprit. At the San Diego Running Institute the amount of pronation (among other factors) will be measured to see if it's excessive and potentially causing your knee pain. Or if you would like an appointment with me for a quick and accurate diagnosis and treatment options, call my office (619) 265-2222.

Dr. Runco is a 6x marathoner & 12x half marathoner specializing in the treatment of running and triathlete injuries. If you are suffering from knee pain DO NOT stay *in pain any longer*. *Dr. Runco will examine your knees, orthotics, shoes and include your first treatment for only \$90 - this month only! Call NOW ... appt times are limited.*

IN THIS YEAR-LONG SERIES THE SHOE GURU (DR. RUNCO) WILL INTERVIEW REPRESENTATIVES, COACHES AND EXPERTS IN THE FIELD ABOUT VARIOUS RUNNING AND TRIATHLETE TECHNOLOGY, SUPPLIES, AND APPAREL.

THIS MONTH THE SHOE GURU INTERVIEWED:  
GEORGE VONTSOLOS OF ADIDAS  
AND  
COACH CARRIE OF TNT

As the Shoe Guru and 6 time marathoner I often get asked about running-specific clothing. So what is "technical fiber" anyway? And what makes technical clothing unique, compared to cotton or polyester?

Adidas uses a technical fiber called CLIMACOOL. It's a combination of performance fabrics, open mesh and ventilation channels which keep cool air flowing in and heat and sweat flowing out. With CLIMACOOL apparel you can ignore the heat and keep your focus right where it needs to be, on the road!

What are other technical fabric benefits?

When your body can more readily maintain its normal core temperature by wicking moisture away from its surface then not only is a runner's performance increased but so is their comfort. And if you're comfortable, then naturally your performance will be better.

Right. But if they wear cotton socks then moisture and heat are held to the foot resulting in potential "hot spots" and blisters which obviously lead to discomfort!

Now you've got it. Clothing is no different. With the right technical clothing you will pull the heat and moisture from your skin to the clothing surface which will then evaporate away, keeping you cooler and free from excessive moisture and chaffing.



What about when it's cold out. I run in the early morning or at night and lately it has been really cold.

Of course to stay warm we have long sleeve technical shirts and pants to help shield you from wind and cold. In addition we have CLIMAPROOF which is a lightweight, breathable shell that keeps wind and rain out while allowing heat and sweat to escape through evaporation.

Thankfully I was equipped with CLIMAPROOF during the Phoenix Marathon this year. Can you believe it was 32 degrees! I never took my gloves off but was able to run in a long sleeve shirt and shorts!

This year has been really cold in Southern California and lots of runners have been buying "cold weather gear". It's amazing how much more comfortable you are when you're not freezing. A nice set of running gloves, hat and long sleeve shirt goes a long, long way to keeping you comfortable during your training and your race.

Alright, you both sold me. Where can we get all this great technical apparel?

The San Diego Running Institute carries technical apparel from head to toe (visors to socks) and both warm and cold weather clothing. During the month of March if you purchase any apparel item you get the second of equal or lesser value at 50% OFF! Only at the San Diego Running Institute!

50% off?? Wow, that's a great deal. Thanks for all the info, and we'll see you at the sale!

For more information call us at 619-265-7374 or visit our website at [www.sdri.net](http://www.sdri.net)

Email your questions to: [ShoeGuru@sdri.net](mailto:ShoeGuru@sdri.net)