

1 week from Tri and hurt my knee,...



[dnavarro82](#) 42 posts since

Apr 24, 2008

I don't know what happened, but yesterday I did an 8 mile run and around mile 6 the right (outter) side of my knee started to tighten up and hurt a little. I had to stop because of traffic, and once I got started again, it was super tight, and starting more. After a little bit, it loosened up, so I didn't think anything of it. Once I finished I walked for a little bit, then drove home. As soon as I got out of the car and had to bend my knee, it hurt pretty bad. So I have a few questions...What could it be? How can I fix it? Should I ice it, use a heating pad? I need your help, like the title says, I'm a week from the race (Aug. 24th).



[dnavarro82](#) 42 posts since


Apr 24, 2008 **1. Re: 1 week from Tri and hurt my knee, help...** Aug 18, 2008 12:22 PM

OK, its less than a week, knee is feeling a little better but still tender. Anybody have anything for me?



[pat2717](#) 7 posts since

Jul 24, 2008 **2. Re: 1 week from Tri and hurt my knee, help...** Aug 22, 2008 8:22 AM

 in response to: [dnavarro82](#)

There's no way to know what you've done to your knee without a lot more info. It could be simply strained, it could be a small tear of a ligament, tendon, or cartilage. It could possibly be a little arthritis setting in. If it won't heal or if you run again and it returns, you should see a doctor about it. My only qualification is that I've had cartilage issues with both my knees.

Basically the cartilage loses some of its elasticity as we get older. I had an old injury from either football or skiing when I was a teenager. I lived with it until I was about 35 and was fully functional, but when the elasticity started to go, those little tears in the cartilage started to get worse and I've had two arthroscopies and can expect more. Anyway, regardless of what you've done, you should rest it as much as possible to let it heal, ice it after activity, and warm up a little more carefully. You can find some rehab exercises that will strengthen the muscles around the knee and keep it as stable as possible. You should also try some anti-inflammatory drugs like ibuprofen, naproxen, and celebrex. Not all at once, of course.

Each one has some pluses and minuses and seem to affect everyone differently. I hope it gets better on its own. Good luck!

1 week from Tri and hurt my knee,...