

# Can preventing inflammation prevent...

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[IGottaRun](#) 43 posts since

Sep 5, 2008

I was thinking that somewhere I read that if you overdo it while running, if you can prevent inflammation, you will prevent injury/damage to the tissue? (For example, runners taking ice baths). Is this true? If so, is it a good idea to ice knees, for example, after running a longer than usual distance? What about anti-inflammatory medication? Do runners ever take these for preventive measures?



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 **1. Re: Can preventing inflammation prevent injury/tissue damage?** Nov 9, 2008 7:02 PM

Others out here can probably explain this better than I can, but . . . Once you've overdone it, the damage is already done. You can reduce the severity by reducing inflammation with ice and anti-inflammatories, but you can't prevent it.

Len



[Jay Silvio](#) 1,776 posts since

Jul 9, 2007 **2. Re: Can preventing inflammation prevent injury/tissue damage?** Nov 10, 2008 8:02 AM

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As Len stated, things like ice and anti-inflammatories can speed up recovery (which is a very good thing) but are unlikely to prevent tissue damage from occurring at all. Icing after a longer or faster than normal run is a great idea.

Good luck and happy running!

Jay



[LgnPhotographie](#) 4 posts since

Nov 10, 2008 3. **Re: Can preventing inflammation prevent injury/tissue damage?** Nov 10, 2008 8:53 AM

As others have said If it aches or is inflammed the damage is already done. Icing area such as knees and ankles that hurt is a good i dea but be sure to do it as though you are massaging the ice pack into the skin. 15min on-15 off. dont over do do it. Anti inflammatory work i suppose.... But it is sort of like taking pain pills. It doesnt heal the injury , Just makes you forget it is there. Best to not take the meds so you can tell when it is healed that way you dont risk hurting yourself further.