

Running is a relatively highly manifest type of activity. Every time your leg touches the ground during running, the body absorbs force, which is about two to three times higher than your mass. And indeed during running, the knees are loaded three times more than when walking. But not everything is so bad.

In fact, running can help keep your knees strong and healthy. In order for the body to continue to function as it should, it needs loads. There is convincing evidence that when removing the load from a person (for example, with a long bed regime or immobilization), his bones and cartilage begin to collapse.

Running really reduces the thickness of the knee cartilage. But she returns to normal two hours after the end of the run. Scientific data also show that runners usually have thicker cartilage than people who do not run. Especially cartilage in the knees.



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In addition, runners are usually higher than the mineral density of bones than people who

do not run. There is even the assumption that the more you run, the better you are protected from the development of osteoarthritis.

But, unfortunately, there is no convincing scientific data related to what happens when a person begins to run at a later age. However, some studies demonstrate that this can be safe and effective.

The results of the 2020 work showed that elderly people (65 years and older), who begin high -intensity jumping training, note improvement of strength and functionality, consider these training safe and pleasant. This type of training loads the joints much stronger than running, so there is reason to believe that you can start running at an older age without any problems.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.