



Elderly runners and osteoarthritis

Implication of clinical practice...

Running does not cause an increase in the prevalence of OA and it does not need to be avoided in patients with OA even if those individuals are older than 50 years.

Context

Runners of an average age of 59, did not present greater signs of Osteoarthritis on imaging or clinically compared to non-runners.

Methods

- Systematic review according to PRIMSA guidelines, accessing databases in January 2022.
- Only articles that considered Osteoarthritis onset in runners vs non-runners were considered.
- Only studies with a mean age older than 55 years were considered.
- 5 articles were included in the analysis comprising 963 runners and 2038 non-runners.
- Data from 3001 participants and 6674 joints were retrieved.
- Systematic Review.

Results

- The mean age was 59 and the mean body mass index was 24.6.
- No significant differences were found between the runners and non-runners in terms of Osteoarthritis onset or progression.

Reference

[Migliorini, F., Marsilio, E., Oliva, F., Hildebrand, F., & Maffulli, N. \(2022\). Elderly Runners and Osteoarthritis: A Systematic Review. *Sports Medicine and Arthroscopy Review*, 30\(2\), 92-96.](#)

Virtual Evening Lecture

Hand & Wrist Conditions - What to know, what to do and when to refer on with **Adrian Chojnowski**

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