
ORIGINAL RESEARCH

PREVALENCE OF MUSCULOSKELETAL PAIN IN MARATHON RUNNERS WHO COMPETE AT THE ELITE LEVEL

Renata Nakata Teixeira, MsC, PhD¹
Adriana Lunardi, PT, MsC, PhD^{1,2}
Ronaldo Aparecido da Silva, MsC, PhD¹
Alexandre Dias Lopes, PT, MsC, PhD^{2,3}
Celso R. F. Carvalho, PT, MsC, PhD¹

ABSTRACT

Background: Musculoskeletal pain can be an important sign of overuse injury in elite athletes. However, its prevalence and whether it is associated with aspects of training in marathon runners who compete at the elite level is still not clear.

Purpose: The purpose of this research was to assess the prevalence, location and intensity of running-related musculoskeletal pain over the previous 12 months in marathon runners who compete at the elite level and to verify whether certain training characteristics are associated with musculoskeletal pain.

Design: Cross sectional study.

Methods: One hundred and ninety-nine elite marathon runners were verbally interviewed regarding their personal demographics, training routines, and the presence, location and intensity of musculoskeletal pain.

Results: The prevalence of any running-related musculoskeletal pain in elite distance runners was 75%, and the most frequently reported location was the lower leg (19.1%). The presence of pain was independent of age, experience, and volume of training.

Conclusions: Running-related musculoskeletal pain is highly prevalent in marathon runners who compete at the elite level.

Clinical Relevance: Studies about prevalence and location of musculoskeletal pain and factors-related in this population are important to contribute to the development of educational and preventive strategies.

Evidence Level: 2

Keywords: Athletic performance, lower extremity, overuse injury, running injury,

CORRESPONDING AUTHOR

Celso R. F. Carvalho
School of Medicine, University of São Paulo
Physical Therapy, School of Medicine,
University of São Paulo
Av. Dr. Arnaldo, 455 – room 1210
01246-903 – São Paulo – SP - Brazil
Phone: + 55-11-3061-7317
FAX: + 55-11-3085-0992 or + 55-11-30917-462
E-mail: cscarval@usp.br

¹ Physical Therapy Department, School of Medicine, University of São Paulo, São Paulo, Brazil

² Cidade de São Paulo University, São Paulo, Brazil

³ São Paulo Running Injury Group (SPRunIG), São Paulo, Brazil