



“I did it! I took it really slow and just enjoyed a very long tour of the city. I finished in 3:53 (just under a 9 minute mile pace- most were about 8:40 but I took the uphill and downhill very slow). My slowest marathon in about 3 years but it happened and my body feels pretty good. The knee held up and hasn't hurt since finishing! Thanks for seeing me through my small panic these last few weeks. On to Boston training (after a nice rest).”

Rebecca Stanfield McCown
Runner, Marathon Enthusiast

Those of you who have ever run a marathon will know that there is a significant training period with several weeks of progressively longer runs. This can be daunting at times even for the experienced runner, and even more so when dealing with an injury.

Rebecca was still 6 weeks away from running the NYC Marathon when she came to BE Fit. She still had two long 18-20 mile runs to go in her training when she started to have issues with her left knee. Her symptoms began following a half - marathon event in October which was followed by several hard (perhaps ill advised) training runs. She was quite sore after one of these track workouts to the point where she was limping and had limited ability to fully straighten her knee actively. This lasted for several days, but did improve with rest. Thinking it was better, Rebecca went on a 3 mile run... which turned into 13 miles. This again set her back, causing significant pain and motion loss, and prompted her to seek medical help.

Rebecca attended physical therapy for four sessions in the few weeks left before the marathon. From her initial evaluation, it was clear that she has had a fairly reactive patellar tendonitis. Could this be cured in time? Normally this type of an injury would respond well with rest, but with the NYC marathon so close, she did not have that luxury and significant adjustments in her training were needed.

During her time with BE Fit, therapy focused on soft tissue and manual treatments combined with some eccentric loading activities to strengthen her patellar tendon and quad. Taping procedures were used to off-load the tendon, and she was guided on a very strict running progression with the goal of finishing the marathon without further injury.