

Injuries prevalent in China marathons



A runner has received medical treatment in Xiamen international marathon in 2014. [Photo: people.com.cn]

Marathon running is gaining rising popularity in China these days. Eight marathons were held in January in the country. However, runners' awareness of injury prevention lags behind.

A recent survey conducted among around 10,000 runners by iranshao.com, a website focused on running, shows that over one third of runners have had knee injuries, about one fifth have had foot or waist injuries, about one seventh have had ankle injuries or suffered from plantar fasciitis, and only 15.7 percent haven't had any injuries, which means six of seven runners have had injuries related to running.

In 2016, China held 328 marathons, attracting about 2.8 million participants, a massive 85 percent increase over 2015.