

# Knee Pain

How to Stop Annoying Knee Pain,  
Keep You Moving and Enjoying the  
Activities You Love



# Knee Pain



**Knee pain can vary from the odd twinge as we get out of a chair to debilitating, chronic pain which impacts daily life, but wherever your pain falls between these two, there are some simple do's and don'ts which you can use to manage your pain and enjoy the best knee health to try and avoid medication, surgery to keep moving.**

## **All about Knees**

Our knees work incredibly hard for us and as a result are extremely vulnerable, so it is worth taking some time to think about what these clever joints do - our knees allow us to stand by forming a 'locked' position which supports our weight but it also has to act as a 'hinge' allowing us to walk and move combined with twists and turns that make up all the movements we experience in our daily lives.

Every time we take a step our knee takes the full impact of our body weight. The knee is the most complicated joint of the body and one of the most important for movement and enjoying a sense of comfort and wellbeing as we carry out daily activities and participate in more strenuous activities.

## **A message from Clare**

"I have treated lots of patients over the years and have seen just how knee pain can affect people's lives and how they can slowly lose mobility and their enjoyment from life. I am passionate that there are things we can do to prevent or manage knee pain without always resorting to drugs and surgery in the first instance. In our clinics we give patients lots of hints, tips and suggestions for improving knee health and so I thought it would be useful to share them so that more of you can benefit from some straightforward, no-nonsense advice which really does work."

Here are some of the hints and tips I have shared with my patients over the years - I hope they help you too. If you just implement one of these strategies each week I am sure in time they will work for you and you'll feel healthier for doing so. If you feel you need more advice then please contact us to discuss your concerns: a simple conversation with a therapist at Back in Motion will help set you in the right direction...

# Tips to improve your symptoms



## ✓ Keep Moving

Movement is vital for a healthy lifestyle and keeping fit but **how** you exercise and the muscles you train are really important particularly if you already suffer from any knee pain.

Try to move a little more each day as avoiding activity can lead to deterioration in the muscle strength and the control of the knee joint over time. Walking is a great form of simple exercise which we can incorporate easily into our daily lives.

Be selective where you walk or run. Try to run on grass wherever possible: running on concrete or uneven surfaces such as hills and on sand, places huge impact on the knees and puts the joints under more stress.

Swimming or movement in water (Aquatic Therapy) is a great form of exercise for knee pain as it is so low-impact and it is something that we recommend to our patients if they struggle to move and exercise on land.

Make sure you do warming up exercises before doing any sport and don't forget to do stretching exercises as part of your cooling down routine both of which help to avoid injury. Your therapist will be happy to go through some helpful exercises that you can incorporate into your routine and help get the most from your exercise.



## ✓ Footwear: it's all about the shoes

Whether you like walking around your local area or prefer a countryside hike it is important to invest in comfortable, flexible footwear that offers good support.

The shoes we wear have a huge impact not only on our knees but our feet, hips and backs and all can be adversely affected by the wrong type of shoes. Wearing the wrong kind of shoes can cause discomfort and long-term use can have a serious impact on our joints.

High heels are enemy number one for our knees as they distort our knees and hips and have an adverse effect on our posture and movement. Heels do not absorb 'shock' when we hit a hard surface and it is this that puts our knees under stress. Try to avoid high heels completely but if you do wear them, limit the time and don't walk any distance while wearing them.

Patients often assume that flat shoes are good for knees and are a great alternative to high heels but very flat shoes like ballerina pumps, flip-flops or fashion plimsolls lack any support and cushioning which also puts unnecessary strain on our knees.

Always look for shoes or trainers that offer support and cushioning to lessen the impact of 'shock' or place a shock absorbing insole into your current suitable footwear- there are lots of brands available now that specialise in fashionable but comfortable shoes and you will be amazed at the difference a good pair of shoes can make to your wellbeing.



## ✓ Posture

The way we stand and sit is an important element in maintaining healthy joints and there are some simple techniques you can use every day to ensure comfort and wellbeing.

Are you sitting comfortably? In today's sedentary society, it is more important than ever that we learn how to sit correctly and if we remember a few simple rules we can limit the pain in our knees caused by sitting incorrectly.

Sitting down for considerable amounts of time is not good for your knees, so think about how much time you spend in this position and try to incorporate frequent movement to break up the day. If you do have to sit for work, make sure you sit with your legs outstretched in front of you and avoid sitting in a cross-legged position. Your therapist can show you exercises which you can do while sitting which will help strengthen the knee joint and make it less vulnerable.

Posture is vital for moving well and your therapist can examine your posture and offer expert advice to enable you to enjoy optimum joint health through improvements to your posture.

Even when we sleep it is important to think about how we may move in our sleep, often putting the knees under pressure from twists and turns. If possible, sleep with a pillow between your knees which will limit the amount of movement in your sleep. If this sounds difficult, it really is worth persisting with.



## ✓ Keep a healthy weight

As we gain weight, we increase the impact and stress on our knees so it is really sensible to keep an eye on your weight and eat a healthy diet. Speak to our wellness experts to discuss achieving a healthy weight if you feel you need some good advice. More movement and less weight will always reduce the amount the knee pain we suffer.

It's difficult to achieve this alone so ensure you have support from someone to keep you motivated when the going gets tough.

## ✓ Get to know your therapist and Get Physical

If you are suffering from knee pain or think you recognise the twinges increasing as you age, now is the time to seek help from a professional who can help you manage your pain and move towards pain-free movement.

Visiting a hands-on specialist means you're going to get very fast access to care that will soothe and relax tight aching muscles, loosen and lubricate stiff, stuck, painful joints and strengthen the body so you can get back to doing the things you love.

Our Back in Motion therapists use a variety of effective approaches that can limit the use of drugs and help you to avoid surgery whenever possible. It is a relationship worth building to enjoy an active life now and ensure a healthier future.

***Note: NHS Physiotherapy departments do not provide you with the hands-on methods of treatment that you need to end knee pain quickly and effectively. Disappointing, but unfortunately true. Back in Motion would love to help you to end your knee pain fast.***

# Bonus Tips

## 1. Core Strength and Control in Your Back and Pelvis

Don't forget the strength of the back dictates the force on your knees when you walk and run. You or your therapist may need to give some time to incorporating exercises for your back too, especially if you have a history of spinal pain.

## 2. Avoid carrying Bag on One Shoulder

This is one of the most common mistakes which leads to uneven pressure on the spine, pelvis and knees. Make sure you change how you carry a bag or use a rucksack style bag.

## 3. Regular Pilates

Number one for keeping moving and healthy into later life in my book: all joints get a workout to help keep them supple, moving through full ranges of motion and challenging your postural strength and tone of your body. A good all round form of exercise to keep problems away!

## 4. Stay Hydrated

Feeling tired all the time and lacking energy could be the result of poor hydration. Cut down on the drinks that create de-hydration such as coffee, tea, alcohol and energy drinks. Dehydration can cause muscle aches and pains, fatigue and dizziness. Drink small amounts of water little and often throughout the day.

## 5. Stretch and move every day

If you are in the 40 plus age bracket your body will not cope with the forces of daily life like it used to. You need to work harder to maintain your movement and health. A little stretching or movement regime daily will help your body to maintain its flexibility and movement. It's vital to do something to reverse the effects of ageing or at least slow it down!

If you would like more information on any of the hints and tips found here, and think that Back in Motion could help you to improve knee health and overall wellbeing please call us or pop into one of our local clinics across Norfolk.

Our team of highly qualified therapists have helped so many people over the years to feel better and move better and we would love to do the same for you.



[www.back-in-motion.co.uk](http://www.back-in-motion.co.uk)

 [BackinMotionUK](https://www.facebook.com/BackinMotionUK)

 [@BackinmotionUK](https://twitter.com/BackinmotionUK)

 [LinkedIn](https://www.linkedin.com/company/back-in-motion)

### Health advice Disclaimer

*We make every effort to ensure we accurately portray any injury throughout this guide and all examples are based on representations of those witnessed as practitioners in our clinics. Therefore, such representations are general in nature and do not correspond to any individual's potential injury. A variety of factors will cause a wide variation in recovery and therefore it is impossible to be 100 per cent accurate in prognosis and diagnosis without a physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination at one of the Back in Motion Clinics. We are able to offer this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.*

