



10 SIMPLE TIPS TO HELP YOUR KNEES



**HINDMARSH PHYSIOTHERAPY
AND SPORTS INJURY CLINIC**

281 Port Rd, Hindmarsh
Ph 8346 2000

hindmarshphysio.com.au



10 ways to help knee pain TODAY

1. Stay away from High Heels Wearing high heels will increase the pressure through your knees by about 25 X. Additionally high heels lift your heel up, then your weight bearing line tips forward so your quadriceps have to work harder to hold your knee straight, which then leads to knee pain

2. Avoid sitting with knees bent for a long period of time Our bodies need movement, even more so as we get older. Limit the amount of time doing it and keep your knees straight when ever possible. The muscles and tendons can become stiff and painful. Sitting in the wrong position for a long period of time can also cause pain by putting pressure on the kneecap.

3. Choose good terrain for walking Most people don't know it, but being selective of the surface that you walk on is another way to ease knee pain.

4. Avoid Sitting cross legged- yes YOU Your knee joint isn't designed to stay twisted for extended periods of time. In this position, your joints are stressed and you're vulnerable to pain.

5. Sleep with a pillow between your Knees This can lower the amount of rotation happening at your knee joint. If you sleep on your side, try a pillow between your legs to keep your knee joint aligned and help already painful knees.

6. Make good choices for footwear Poor choices of footwear include high heels, flat sandals, ballet flats, thongs, converse type sneakers, ugg boots etc. There's a lack of cushioning to absorb shock as well as poor support for your foot which in turn can lead to wrong position for your knee.

7. Whether you're active or not stretching is good for your knees Stretches that focus on the calf, hamstring and quadriceps muscles take pressure off of the knees and kneecaps

8. Losing weight is good for knee pain With each step people take, two to four times their body weight is transmitted through the knee joint. Thus, the more you weigh, the harder the impact is on your knee joint.

9. Stand up straight to feel better Having strong core muscles in your abdomen, hips and lower back helps promote good posture and, ultimately, lessens the pressure on your knees

10. Don't skip exercise, even if you have knee pain Staying active helps control weight and build muscle, both of which can help protect your knees from further damage.

If you need some motivation, education and company to start getting your legs stronger and knee pain improved, then we would love to see you at our...

Next Nifty Knees Classes

[Click here for more information](#)