

**THE KNEE** is the body's largest & most complicated joint and is easily injured.

Chronic knee pain, the type you usually get from exercise, creeps up on you slowly.

First, you feel it after the workout, then, during the workout. Soon, the pain is there even when you are not exercising, when you climb stairs or sit for long periods. You may hear a crunching or grating sound under the kneecap.

**THE KNEE IS EASILY ABUSED SINCE IT BEARS THE LOAD OF THE WHOLE BODY & IS USED IN ALMOST ALL OUR DAILY ACTIVITIES.**



## HOW TO REDUCE STRESS ON YOUR KNEES

### • WEAR THE RIGHT SHOES

Women who wear high heels on a daily basis tend to develop osteoarthritis of the knee later in life. Osteoarthritis makes walking painful and, in some cases, even unbearable. The longer a woman wears high heels, the worse the damage. The width of the heel doesn't matter; wide high heels cause as much damage as narrow stiletto-style high heels. High heels throw your body forward and put 23% more pressure on your knees in the inside underneath the kneecap – precisely where women tend to develop osteoarthritis.

**Wear low heels, flats or sneakers if you plan to be on your feet all day.**

Worn-out athletic shoes can also

cause knee problems. According to Dr. Carol Frey of the Los Angeles Orthopedic Hospital – 50% of a shoe's shock absorbing capacity is gone after 300 miles of running or walking, or 300 hours of aerobics classes. She also warns that for heavier people, the shoe loses shock absorption sooner, causing more impact to the joints.

### • CYCLING

**Adjust the seat height so that when the pedal is at the lowest position, your leg is almost, but not quite, straight.** A seat that is too low can cause pain in the inner side of the knees and a seat that is too high can cause pain in the outside of the knee. If you have to strain or rock your hips to pedal downward, your seat is too high. If your knees double

up toward your chest when you pedal upwards, your seat is too low.

### • RUNNING

Running or walking on the inner parts of an oval track forces you to turn tight corners. You can develop pain on the outside of the knee.

**Use the outer rings of the track instead and switch directions often – to even out the stress on your knees.**

### • STEPPING

Avoid taking overly deep steps on a stepping machine. Your knee shouldn't bend more than seventy degrees.

Even if done safely, step aerobics can cause overuse injuries. **Cross train or do a variety of aerobic exercises, not just step and more step.** When you do twisting and turning moves, turn as you hop so your foot is not forced to pivot on the bench putting a twisting sort of pressure on your knee.

### • MAINTAIN YOUR WEIGHT

There is less pressure on your knees when you are at your normal weight range. Each pound of bodyweight puts six pounds of pressure on the kneecap.

**IF YOU ARE 20 POUNDS OVERWEIGHT, YOU ARE PUTTING AN ADDITIONAL 120 POUNDS OF PRESSURE ON YOUR KNEES.**

### • EXIT YOUR CAR PROPERLY

**Getting out of the car improperly can get your knees into trouble.**

Don't put one leg out, keeping the other in a planted and twisted position inside the car. Turn the whole body towards the door in one motion. Then use both legs to get out of the car.

### • DIET

A reduced intake of Omega-6 fatty acids, found in meat and poultry, and an increased intake of Omega-3 fatty acids, found in fish and corn oil, can reduce joint swelling. Chemicals found in fresh fruit and vegetables also reduce inflammation.