

ALO PHYSIOTHERAPY CLINIC

10 TIPS TO AVOID KNEE INJURIES & KNEE PAIN



Overuse or injury



Knee pain and knee injuries are extremely common, affecting all ages. It is usually caused by overuse or the result of an injury that has damaged the ligament or cartilage. Here we list our top 10 tips to avoid knee pain and knee injuries.

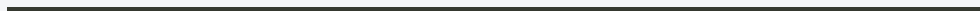


1. Warm-up

It is vital to warm up before you begin exercising. Warming up the muscles first helps to get the blood flowing around the body and increases your body temperature. A warm-up is effectively like “turning on” your muscles so that they're ready to work. Try skipping, jogging, or cycling for example.

2. Stretch

Maintaining your flexibility by regularly stretching the muscles that support your knees. Stretch your calves, quads, hamstrings and hip flexors gently to prevent knee injuries. It's best to begin a stretching regime as early as possible because the older we get the more challenging it will become, this will help to keep your joints healthy in older age.





Keeping the knee muscles strong will aid in preventing injury. Likewise keeping other muscles in the body strong and healthy will help you to avoid injury so try working on your quads, hamstrings, glutes and core too. Weight training will help to strengthen your knee. Some good knee strengthening exercises are: wall squats, hamstring curls, glute bridges, leg extensions and step ups. Balance exercises on a wobble board will also strengthen and improve proprioception.

3. Strengthen your knee muscles

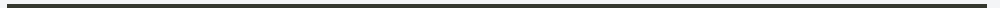


4.Low impact cardio

If you're already suffering from knee pain try to avoid irritating the joints more with exercise and choose low impact exercises such as cycling, rowing, using the cross trainer or swimming. Exercises that involve too much jumping like plyometrics or heavy impact, like running on a treadmill, will only worsen the condition..

5. Maintain a healthy weight

Undoubtedly your weight plays a part in any damage done to your knees. Being overweight means your joints are having to work harder to carry your body. Eating a healthy diet full of healthy fats, carbohydrates, green vegetables and proteins will help to maintain your weight. Also, remember to keep exercising and moving your body regularly.





Make sure your shoes are supportive and fit comfortably. A well-cushioned shoe will reduce the impact of the foot hitting the ground and therefore reducing the stress on the knees. A supportive shoe will reduce pain caused by standing or walking on hard surfaces. Your body weight needs to be balanced and your legs aligned.

6. Wear the right shoes

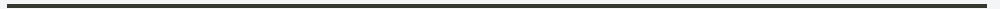


7. Don't overtrain

Don't suddenly increase your exercise regime as this could lead to knee injuries. Gradually increase the intensity over time to avoid complications such as a torn ACL, Patellar Tendonitis (or Jumper's knee), Meniscus Injuries caused by rotation or intense pressure on the knee and Patellofemoral Syndrome (runner's knee) which results in pain and an uncomfortable grinding sensation within the kneecap.

8. Avoid prolonged sitting

Joints can become stiff and painful without regular movement. Make sure you get up and walk about every 30 minutes and stand for a few minutes too to keep the blood flowing around the body. Try to avoid slouching into low chairs and sofas and remember to keep a good posture.





9. Cold compress

A cold compress is recommended during the next 48 to 72 hours after a knee injury, applied for 15 to 20 minutes with a rest of 5 minutes until swelling is reduced. Make sure your legs are elevated at more or less a 45 degrees above hip level and place a cushion behind the knee but keep the leg relatively straight. This will minimise swelling and will decrease pain. As a rule of thumb this is the safest thing to do until you get assessed by a physiotherapist who will guide you to the next steps.



If you continue to have pain or have repetitive injuries we recommend visiting a physiotherapist. At ALO Physiotherapy Clinic we provide manual therapy combined with the latest physiotherapy technologies to give you the utmost care. We want to see you get back to enjoying your life and the sports you play as soon as possible. To book a Complementary Consultation head here: <https://alo-physiotherapy.co.uk/complimentary-consultation/>

10. Visit a physiotherapist