

8 Simple Tips To Stop Knee Pain!

WITHOUT injections, taking painkillers, or wearing a brace!



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1. Use Ice

Soothe pain with an ice pack to decrease inflammation and provide a local anesthetic effect. After about a week or so, you may prefer to switch to heat to increase blood flow to promote healing and inhibit pain messages to the brain. Some people find alternating between the two is most effective. Either way, each session of ice or heat should be short - 10 to 15 minutes.

2. Avoid “too much” rest

If your injury is new or recent, it’s really important to avoid the long-term complications that can come with too much rest. You can achieve this by getting active “safely” with activities like stretching and non-weight bearing movement. For something like a knee strain, some doctors will advise rest – and lots of it. But most times it would be wrong to do so.

3. Sleep With a Pillow Between Your Knees

Changing the way you sleep can be difficult but sleeping with a pillow between your knees can lower the amount of rotation/twisting that occurs at your knee joint. Give it a try and start getting a good night sleep!

4. Avoid Sitting Cross Legged

Closely related to #3, your knee joint isn’t designed to twist or turn for long periods. And sitting in a cross-legged position is doing just that. In this position, your joints are twisted, muscles stretched and you’re vulnerable to injury.

5. Avoid Sitting With Your Legs Bent for More Than 20 Minutes

There’s so many myths surrounding knee pain. But this is a FACT...humans are not designed to sit. When you sit at a desk or in a chair with your knees bent underneath, you’re stretching ligaments and muscles and placing your knee in a position that is unnatural. Limit the amount of time doing it, and keep your knees straight whenever possible.

6. Avoid relying on braces

It’s okay to try using one these if you happen to be in a severe amount of pain. But relying on braces or supports long term can lead to muscle weakening and ligaments shortening – meaning you could end up in a worse state than before you put the brace on. Always consult a physiotherapist for best practice on ways to use a brace to keep active.

7. Wear Proper Footwear

Your joints and muscles take all of the impact every time your foot hits the ground, which is not good for your knee in the long term if wearing improper footwear. There are many types of shoes that can be used for walking, running or training. The key is choosing the right footwear that is comfortable and supportive. The most expensive shoe doesn’t always guarantee it will be the right fit for you. Shoes need to be specific to you!

8. See a Physiotherapist

There isn't a faster way to END knee pain than by going to see a physiotherapist. Getting to see a good hands-on physiotherapist means you're going to get access to care that will soothe and relax those tight aching muscles, loosen and lubricate stiff, painful joints, and strengthen your body so that you can go back to doing the things that you love.

Conclusion

So there you have it! **8 Simple Tips To Stop Knee Pain!WITHOUT injections, taking painkillers, or wearing a brace!** Apply these fundamentals to your daily routine and it will make a difference in your quality of life.

I hope this is the beginning of a great, long-term relationship where myself and my team at Cabot Physiotherapy become the source of leading-edge health advice for you (and your family) and make a real difference to the quality and enjoyment of your life.

We love questions! So feel free to call us, or use our online forms to submit your questions. Visit www.cabotphysio.ca

Note: Not all physiotherapists are the same, as some do not and will not provide you with the hands on type of treatment that you need to end pain as fast as you would hope. Disappointing, but true.