

SIMPLE WAYS TO STOP

CHRONIC, DAILY, ANNOYING

KNEE PAIN

WITHOUT INJECTIONS OR
TAKING PAINKILLERS

THE STEP-BY-STEP GUIDE TO REDUCE KNEE PAIN DURING EXERCISE

DISCLAIMER

The information in this book is not a replacement for the services of a physician or health care professional. Please do not use this e-book to diagnose or treat a medical or health condition. Please consult a physician in all matters relating to your health, and use discretion when using any of the strategies mentioned here.



TABLE OF CONTENTS

03

INTRODUCTION

04

DON'T IGNORE
YOUR PAIN

05

WATCH THE SHOES

06

GET ACTIVE AND
EXERCISE YOUR
MUSCLES

07

SELF-CARE FOR AN
ACUTE FLARE UP OF
KNEE PAIN

08

STRETCHING

09

SEEK PHYSICAL
THERAPY

When beginning a fitness program, it is natural and common to experience knee aches and pain. Or have you had knee pain for years and it has not improved?

DON'T WORRY! THIS GUIDE WILL HELP YOU UNDERSTAND KNEE PAIN AND HOW TO STOP IT.

Have you ever heard or said to yourself:

“ My knee is bone to bone and there is nothing I can do! ”

“ I have torn cartilage and there is nothing I can do! ”

“ My knee has hurt for years and it won't get better! ”

GOOD NEWS!! STUDIES SHOW THERE IS HOPE AND YOU CAN STOP THAT KNEE PAIN.

01

Don't Ignore Your Pain

Any consistent, constant pain is NOT normal.

- Often times people will have knee pain from injuries or from overuse when they played sports
- They may not have learned to properly managed the condition and have just learned to live with the pain

Research shows that you CAN improve conditions like meniscus tears, cartilage damage and tendon damage with conservative and natural ways such as exercise and/or physical therapy.

First step to identify you have a knee issue and make sure to take action to help make sure it does not stop your LIFE!

Watch the Shoes

During all exercise, or even daily activity the improper shoes for the job cause extra stress on the knee.

Making sure you have the proper shoes during exercise can make a big difference

All shoes wear out and make sure to have shoes that are not too worn will greatly help.

You don't have to spend a fortune to get the best supportive shoes.

- Often times even the best shoes need extra support
- Over the counter inserts such as Powersteps or Superfeet are my favorite

Getting Active and Exercise Your Muscles

If you have already started an exercise program...
DO NOT GIVE UP! You made the correct decision to get healthy.

By getting stronger, you will get more knee support, and when you lose weight you will take pressure off your knees.

For example: when climbing stairs, for every 1 lb. of weight you lose, 5 lbs. of force comes off your knees. If you loose 10 lbs., that is 50 lbs. of force off your knees.

If you have not started an exercise routine or would like to start, you can still start!

Start with low impact exercises like a bike or elliptical.

Also if you want to start squats (which are great), you can start with 1/2 squats to protect your knees.

04

Self-care for Acute Flare Up of Knee Pain

Apply ice pack to front and back of the knee.

- 2-3 times per day
- 10-15 minutes per application

Try to find a place to lie down comfortably while applying ice.

- If there is swelling, elevating the knee is best for swelling control

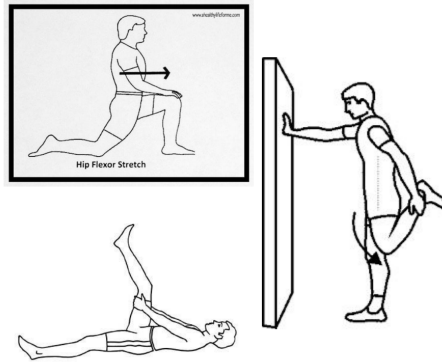
05

Stretching

Taking 5 minutes before and after exercise is all it takes to give your knees less pressure.

Primary muscles groups that need to be stretched are:

- Hip flexors
- Quadriceps
- Hamstrings



All stretching should be PAIN FREE.

If there is PAIN... STOP.

Mostly static stretching is held for 20-30 seconds and repeat 3 times.

06 Seek Physical Therapy

If pain continues to linger with no improvement for longer than 1 week, seek a **Free Discovery Session** from a physical therapist or a full physical therapy visit.

To schedule a visit or **Free Discovery Session** visit:

PROACTIVEPTLOU.COM

Call or text for questions:
502.512.2165

Email:
info@proactiveptlou.com