

# Simple tips

**Disclaimer: Please consult your doctor prior to performing exercises and treatment advice provided in his article.**

## to Relieve Knee Pain

KNEE pain is usually described as a condition for older adults due to their age. But we know that is not true. Knee pain can be experienced by people in all ages especially if they practice an active lifestyle. Did you know that there are knee conditions for adolescents called growing pain?

Yes, there are many conditions like Osgood Schlatter-Syndrome, patella femoral pain syndrome, patellar tendonitis, to name a few. The names sound worse than it actually is. Do not let the medical terms scare you. Although the pain will depend on the severity of the condition. If you have sons and daughters that are particularly very active in their school sports, then I'm sure you have heard of these terms or they came across pain in the knee that eventually went away.

When you are older what is the first thing that comes to mind when you have knee pain? If you say "arthritis" then you are correct! But, general knee pain does not particularly mean that you have arthritis. You may have an injury that keeps coming and going. There is one other explanation if arthritis has not been confirmed. You could be suffering from a musculoskeletal pain that is acute on chronic.

Acute on chronic means you have knee pain that persist for months but every time you do specific movements, the pain increases just like when you hurt it initially. The structures that could have been affected in your knee joint causing pain are tendons around the knee, cartilage in the knee, ligaments in and around the knee, muscles around the knee, joint capsule and perhaps the bones.

Be sure to consult your doctor and ask what the findings are especially if you had imaging done (x-ray, MRI, etc). Other health care professionals you should go to are musculoskeletal specialists like athletic therapists or physical therapists. They will assess your knee and confirm what your knee pain might be. Visit our musculoskeletal specialists as the services are mostly covered under your health insurance. Do not skip this visit if you want to be sure what to do to help alleviate your knee pain.

In the meantime, here are

simple tips to help with your knee pain.

### Passive treatments:

1. Apply heat if your knee feels sore and stiff (mostly this occurs early in the morning when you wake up). Do your best to heat it up with warm pack, warm shower, electric heating for 15-20min depending how hot the heat you are

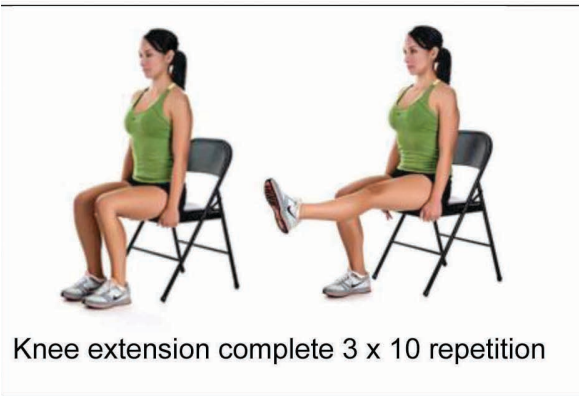
applying.

2. Apply ice only if your knee feels achy and very painful. Use ice pack or snow.

Use a wet cloth between the ice and your skin. The cold will penetrate better. Apply for 10-15 minutes depending on how cold the ice pack you are using.

### Active treatments:

1. Simple exercise to help lubricate the knee joint.



Knee extension complete 3 x 10 repetition

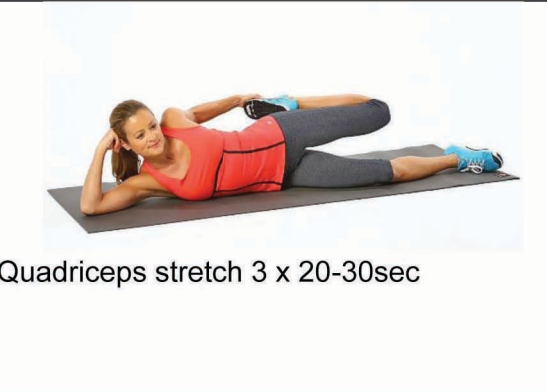


Knee flexion complete 3 x 10 repetition

2. Simple stretches to loosen the muscles above and behind the knee.



Hamstring towel stretch 3 x 20-30sec



Quadriceps stretch 3 x 20-30sec

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