



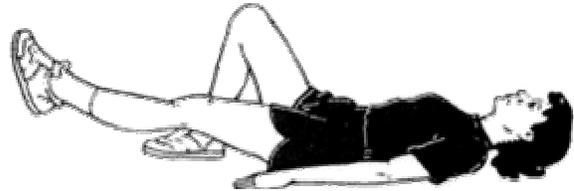
CONCORD ORTHOPAEDICS

WORK YOUR WAY OUT OF KNEE PAIN

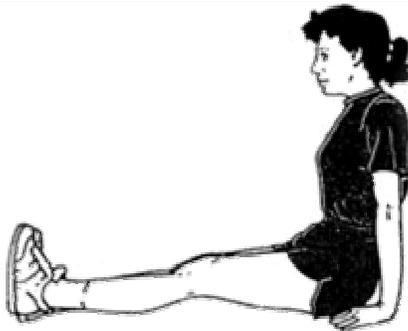
Exercise that involves repeated or unusual stress on the knee often causes knee pain, or patellofemoral stress syndrome. Soccer, swimming, running on hills, and repeated squatting or jumping are among activities that can trigger this problem. One step you can take to alleviate exercise-related knee pain is to strengthen your thigh muscles, using the following exercises:



Short-arc extensions. Sit down or lie on your back. Place a roll or cushion about 6 in. thick under the thigh of your affected leg. Raise your heel as high as possible while keeping your knee on the cushion. Hold 5 seconds and then lower slowly. Do three sets of 10, twice a day.



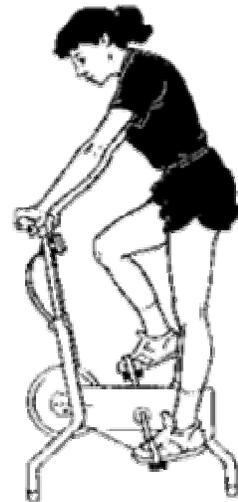
Straight leg lifts. Lie on your back and bend the knee of your unaffected leg. Tighten the quadriceps muscle of your affected leg and lift the leg as high as the unaffected knee. Hold 5 seconds and lower slowly. Do three sets of 10, twice a day.



Quadriceps setting. Sit on the floor with your legs stretched out straight in front of you. Tighten the quadriceps muscle of your affected leg so that your heel rises slightly off the surface; hold 5 seconds. Do three sets of 10 repetitions, twice a day.

Stationary cycling.

Use a low tension setting and set the seat high enough so that your leg is straight on the down stroke. Start with 10 minutes a day and work up to 30 minutes.



Here are other ways to help prevent or alleviate knee pain:

- Vary your sports. For example, alternate running with swimming and/or bicycling.
- Avoid exercises that place heavy loads on the knee, such as deep knee bends, kneeling, stair climbing, and running on hills.

- Before playing a sport, warm up well and stretch your hamstrings and quadriceps.
- After play, apply ice to your knee, and avoid sitting with your knee flexed more than 30 degrees.
- Try wearing a brace. Ask your physician what kind is likely to be helpful.

- If you pronate excessively (your foot rolls inward too much) when you run, consider using arch supports in your shoes.

- Lose excess weight

If you try these suggestions and your pain persists or increases or your knee swells, see your physician for further evaluation or advice.