

MY KNEES HURT

WHAT YOU CAN DO TO EASE THAT PAIN

- 1. Watch the way you walk** - alignment is everything! Make sure the foot isn't rotated as you step, and that the knee stays pointing straight ahead as you walk.
- 2. Strengthen the hip** - it may seem counter-intuitive, but strengthening the hip muscles (gluteus maximus and gluteus medius) helps control and minimize knee pain.
- 3. Wear good shoes** - with arch support, even in the house.
- 4. Get in the pool or lake** - the buoyancy of the water helps reduce the load on your joints, allowing more comfortable movement.



TIPS TO STAY ACTIVE WITH KNEE PAIN



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