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Four Tips For Reducing Knee Pain

Knee pain comes in many forms with many different causes. While treatment for every person and condition will be different in each case, here are a few tips that may help to reduce knee pain throughout the day.

1. Choose supportive footwear

One of the biggest culprits for ongoing knee pain is wearing unsupportive or high-heeled shoes to work. High heels often lead to tight calves and altered gait patterns, while unsupportive shoes can allow rolling in of the ankles, which can, in turn, place extra stress on the knee joints. Having an assessment with your physiotherapist to see how your shoes might be affecting your knee pain is a worthwhile investment.

2. Adjust your sleeping position

While most of the time, our knees get a well-deserved rest during the nighttime hours, there are a few sleeping positions that can place additional stress on the knees. Lying on your side with bent knees can place tension on the outer thigh muscles and also the knee joint itself. Try to keep your knees straightened to at least 30 degrees and

if you sleep on your side, place a pillow underneath the top knee to reduce stress on the joint. Alternatively, if you sleep on your back it may be helpful to place a pillow under your knees so that they rest in a slightly bent position, to unload the joint. Try experimenting with different pillow arrangements to see which combination works best for you.

3. Avoid sitting or resting too much

When knee pain strikes, your first instinct is probably to get off your feet and stop exercising. The truth is that our knees, like all our joints, are designed for movement and regular exercise helps to keep them healthy.

If you are having pain with high impact activities such as running, try switching to swimming and cycling before stopping exercise altogether. Resting in a sitting position for prolonged periods can also place excess stress over the knee cap and knee joint. When sitting for long periods, try to stretch your legs out ahead of you and avoid crossing your legs.

4. Seek physiotherapy treatment

Many of us see putting up with pain as a sign of strength however, a small niggle that is easily treatable can turn into a larger problem over time. This may seem like an obvious point, yet the first step to recovery is often just seeking treatment.

Our physiotherapists are happy to discuss your condition with you and share their tips to help you stay pain-free.



Don't wish it
were easier.
Wish you were
better.

— JIM ROHN



Brain Teasers

What does this puzzle mean?

JOBINJOB

PHYSIOTIP

**STIFFNESS IS OFTEN
A SIGN THAT
YOU'RE MORE
LIKELY TO HAVE
PAIN. SEE A PHYSIO
IF YOU'RE FEELING
A BIT INFLEXIBLE -
EVEN IF YOU HAVE
NO PAIN.**

CALL US FOR AN APPOINTMENT

Meniscal injuries

The knees take a lot of stress when doing medium- or high-impact activities such as running, jumping, hill-walking and playing field sports. The meniscus is commonly damaged during these activities, and can be a cause of significant pain and movement dysfunction if damaged.

What is the role of the meniscus?

The meniscus is a thin, fibrous cartilage lining the bones of the knee. Its main function is to absorb shock when performing weight-bearing activities such as walking, running or hopping.

The meniscus in the knee is c-shaped, and there is one on the outside (lateral) and one on the inside (medial) knee joint. The medial meniscus is more commonly damaged than the

lateral meniscus, because of the fact that more weight is transferred through the medial knee joint in normal movement.

What causes meniscal damage?

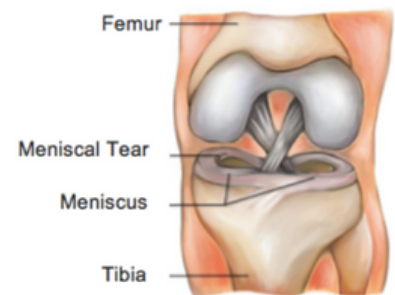
Twisting forces most frequently damage the meniscus. For example, if a soccer player's foot is planted on the ground and their body rotates around the knee, the meniscus will often be unable to withstand the pressure and will sustain a strain or a tear. This can be of varying degrees, to a few stretched fibres right up to a large tear involving multiple areas of the cartilage. A locking, clicking or clunking may be felt in the knee upon movement. Your physiotherapist will be able to perform clinical tests to check whether the meniscus is likely to have been damaged or not.

How can physiotherapy help?

Depending on the extent and

location of the injury, many patients have excellent functional outcomes with physiotherapy management. This typically involves strengthening the muscles around the knee as well as increasing the range and training task-specific activities. Sometimes, a referral to an orthopaedic doctor can help to determine whether or not surgery may be appropriate. If you have any doubts, talk to your physiotherapist about your options.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.



Answers: In between jobs

Spicy Tomato and Chorizo Soup



Ingredients

3 Tbsp. Olive Oil
2 Garlic Cloves, diced
1/2 Spanish Onion, diced
2 tins Whole Tomatoes
1 Cup Vegetarian Stock
1 Cup Red Lentils
1 Chorizo Sausage, sliced
1/4 Cup Fresh Basil
1 tsp. Fennel Seeds
1/2 tsp. Fresh Chilli, diced
Salt and Pepper

1. In a medium-sized saucepan, sauté olive oil, diced onion, chilli, fennel, garlic, salt and pepper, and chorizo. Cook on medium heat until onions have softened and chorizo is cooked. Lower heat and cover.
2. Add two tins of whole tomatoes to the saucepan and bring to boil. Cover and reduce heat to medium. Add vegetarian stock and continue to simmer.
3. Add 1 cup of red lentils. Allow soup to simmer for 20-30 minutes, stirring occasionally. Add one clove of star anise.
4. Once lentils are soft blend with a food processor to even out consistency.

Serve with fresh basil and pepper for garnish.

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