

# How to Take Care of Our Knees

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The knees are the largest and most complex joints in the human body, as well as the ones that bear the most weight. The greater the load, the higher the risk of cartilage wear and tear, leading to faster degeneration.

As people reach middle age, the tendons and ligaments of the knee begin to deteriorate, the secretion of joint fluid decreases, and joint surfaces may experience wear. This is why older individuals often feel stiffness in their knees, hear popping or grinding sounds during movement, and may experience pain or swelling when overworked or exposed to cold.

## How to Care for Your Knees and Prevent Joint Issues

Understanding the load on the knee in various activities can help guide knee care:

1. **Lying down:** Knee load is almost zero.
2. **Standing and walking:** Knee load is about 1–2 times your body weight.
3. **Going up/down slopes or stairs:** Knee load is about 3–4 times your body weight.
4. **Running:** Knee load is about 4 times your body weight.
5. **Playing sports:** Knee load is about 6 times your body weight.
6. **Squatting or kneeling:** Knee load is about 8 times your body weight.

## Daily Knee Care Tips

1. Avoid walking for extended periods. Rest immediately if your knees feel uncomfortable.

2. Refrain from high-intensity or strenuous exercises.
3. Avoid squatting or kneeling positions.
4. Do not perform twisting motions while the knee is bent to prevent meniscus injury.
5. Maintain an ideal body weight to reduce stress on the knees.
6. Keep your knees warm and use knee braces for added protection.
7. Prevent knee injuries by being mindful during activities.
8. Choose appropriate footwear. A pair of well-fitting shoes not only ensures comfort while walking but also reduces the impact and pressure on the knees during exercise.
9. Perform strength and stability training to protect the knees.

By following these practices, you can better protect your knees, reduce the risk of joint issues, and maintain healthy mobility.