Important Do’s and Don’ts you must know about knee pain

Introduction

Our knee joints are the essential body part that keeps us on our feet and allows us to cope with our busy lifestyle. It is frustrating and overwhelming to get interrupted in our busy life schedule due to knee pain. There are various reasons behind knee pain. It happens due to rehabbing an injury, suffering from arthritis, or from aging. But you can avoid severe knee pain if you follow some specific instructions. There are some special tips that will reduce your knee pain and help you to maintain a painless lifestyle.

In this blog, we are sharing a few noteworthy do’s and don’ts that will keep you from severe knee pain.

Do’s and Don’ts one must know about knee pain

Things you should do to prevent knee pain

1) Do regular exercise without straining your knee
2) Do try to lose some weight
3) Do choose comfortable knee-joint friendly footwear
4) Do try to use the RISE technique

Things you shouldn’t do in case of knee pain

1) Don't rest for a long time
2) Don't risk a fall or jostle your knee and joints
3) Don't feel shy or embarrassed to use a walking aid
4) Don't overlook your pain and get help from doctors

Do’s and Don’ts one must know about knee pain

Things you should do to prevent knee pain

1) Do regular exercise without straining your knee

People have this misconception about knee pain that less movement causes mild pain. But it's not true. Regular low-impact cardio and aerobic exercises like stretching, walking, swimming, water aerobics, stationary cycling, and tai chi will strengthen your muscles and increase flexibility. It also helps to ease pain, stiffness, and imbalance.

2) Do try to lose some weight

Excessive weight and obesity can put extreme strain on your knees and cause knee pain. By losing weight you will be able to ease the stress on your knees. There is no need to reach your ideal weight at once. Even your small efforts for weight loss can also make you feel a difference.

3) Do choose comfortable knee-joint friendly footwear

Your choice of footwear plays a crucial part in your foot health and knee pain. To prevent knee pain, always pick cushioned insoles to reduce stress on your knee. You can even ask suggestions from Manchester knee pain specialists.

4) Do try to use the RISE technique

RISE is a famous knee pain healing method. The method consists of four different activities like Rest, Ice, Compression, and Elevation. This formula is beneficial for knee pain caused by an injury or arthritis. Give necessary rest to your knee, then apply ice on them to reduce swelling, wear a compression bandage on them, and keep your knee elevated.

Things you shouldn't do in case of knee pain

1) Don't rest for a long time

Resting is good for knee pain, but too much rest is surely not. It can weaken your muscles that can worsen your knee and joint pain. To avoid this pain, stick to your regular exercise routine with a little caution.

2) Don't risk a fall or jostle your knee and joints

A painful and unstable knee can cause a higher risk of falling. A fall may certainly induce more damage to your knee and increase your knee pain. To avoid this, don’t risk a fall or jostle your knees by running and jumping.

3) Don't feel shy or embarrassed to use a walking aid

Crutches or a cane can provide you extra support and take off the immense stress from your knee. While knee splints and braces will help you to stay more stable and prevent you from a fall and injury.

4) Don't overlook your pain and get help from doctors

Being ignorant of your knee pain can cause you serious damage. It will increase your pain, affect your mobility, and cause you painful sleepless nights. To avoid this condition, consult an expert Stockport knee pain specialist and discuss your problem with him. The doctor will suggest proper treatment and medications for your knee pain.

Conclusion

Knee pain is a great hindrance in executing our routine life schedules. You can successfully subdue the pain if you will follow the dos and don’ts mentioned in this blog. But if you are feeling acute knee pain or suffering from any chronic knee pain conditions, then it is advisable to take help from the **Didsbury knee pain** specialist. You don’t have to deal with your knee pain alone when you have expert support from CT Clinic. We are the best pain management clinic in the UK. At CT Clinic you will get excellent physiotherapy and Altrincham Manchester Chiropractic services. To know more about our services or to book an appointment contact us at info@ctclinic.co.uk.