

# How to Desensitize Your Knees After Injury 🙄

If your knees still feel *tender, stiff, or fragile* — long after the initial injury — you're not alone.

That lingering sensitivity isn't just physical. It's your brain protecting your body... sometimes a little *too* much.

👉 The solution? **Desensitization.**

(It's the *missing link* in most rehab programs.)

After an injury, your nervous system becomes hyper-protective. Even gentle movements can feel uncomfortable — not because you're broken, but because your brain is on high alert. The key is to gradually retrain it to feel **safe** again.

In my latest YouTube video, I walk you through:

- What “sensitivity” after injury really is (and why it's normal)
- How your brain and body work *together* during recovery
- The exact desensitization strategies I've used after 5 knee surgeries

👤 Watch here:

👉 [How to Desensitize Your Knees After Injury](#)

## MAKE SURE YOU READ THIS 👉

This guide is a great first step to calm pain and get your knees moving again.

But let's be real — desensitizing alone won't fix everything.

If you're not also strengthening the muscles around your knees, fixing how you move, and building load tolerance... pain will keep coming back.

That's why I created the **Chronic Knee Pain Fix Course** — a full, step-by-step system to help you:

- ✅ Strengthen key muscles
- ✅ Fix faulty movement patterns
- ✅ Calm your nervous system
- ✅ Build real-life strength and resilience

This isn't a bunch of random exercises — it's a proven plan to finally get you out of pain for good.

👉 [Click here to check it out!](#)