

Keyword Report #538: Best Treadmill for Bad Knees

Primary Product: Treadmill

Suffering from knee pain can be really frustrating, and it's understandable that you may be wary of cardio because you're worried about agitating your joints further. However, picking a treadmill that works with your knees versus against them is the key to a mostly painless workout.



Page: [CLICK HERE](#)

Primary price: \$179.98 - ~~\$3,781.97~~

Primary keyword to target: Best Treadmill for Bad Knees

Other keywords to target (non-primary): Best Treadmill for Knees, Best Treadmills for Bad Knees, Best Treadmill for Bad Joints

Keyword Difficulty (KD) scores for the Primary Keyword:

Keyword	Ahrefs KD	Semrush KD
Best Treadmill for Bad Knees	1 (easy)	14% (very easy)
Best Treadmill for Knees	1 (easy)	14% (very easy)
Best Treadmills for Bad Knees	1 (easy)	12% (very easy)
Best Treadmill for Bad Joints	1 (easy)	11% (very easy)

Exact Keyword search volumes for the Primary Keyword:

Keyword	Ahrefs Search Volume	Semrush Search Volume
Best Treadmill for Bad Knees	100	170
Best Treadmill for Knees	100	110
Best Treadmills for Bad Knees	30	40
Best Treadmill for Bad Joints	20	20

Google Keyword Planner validation that search volumes are accurate:

Keyword (by relevance)	Avg. monthly searches
best treadmill for bad knees	100 - 1K
best treadmill for knees	100 - 1K
best treadmill for bad joints	10 - 100
best treadmills for bad knees	100 - 1K

Competition Analysis for this keyword:


“Best Treadmill for Bad Knees”

Website	Domain strength (based on Ahrefs AR score)	Content Length	Comments
http://www.garagegymreviews.com/best-treadmill-for-bad-knees	213K - Strong	5132 words	Long article on a strong site Title: 7 Best Treadmills for Bad Knees 2023: Picking the Right Machine for You Can be outranked by a longer quality article. Great article to use as a reference.
http://treadmill-ratings-reviews.com/blog/treadmill-for-bad-knees/	4.9M - Weak	1207 words	Medium article on a weak site Title: 4 Best Treadmills for Bad Knees in 2023 Can be outranked by a longer quality article. Very good chances to outrank this one.

http://www.runnersworld.com/training/a35038869/best-treadmills-for-bad-knees/	4K - Strong	1904 words	<p>Medium article on a strong site</p> <p>Title: What to Look for in a Treadmill If You Have Knee Problems</p> <p>You may be able to outrank this with a quality long review article.</p> <p>Good opportunity!</p>
http://fitlifefanatics.com/best-cushioned-treadmill-for-bad-knees/	7.9M - Weak	4399 words	<p>Long article on a weak site</p> <p>Title: Best Treadmill for Bad Knees – Most Cushioned Options</p> <p>Can be outranked with a comprehensive review!</p> <p>Great article to use as a reference.</p>
http://www.stylecraze.com/articles/best-treadmill-for-bad-knees/	13K - Strong	3596 words	<p>Long article on a strong site.</p> <p>Title: 10 Best Treadmills For Bad Knees</p> <p>Can be outranked with a quality article.</p> <p>Good opportunity!</p>
http://homegymmag.com/best-treadmills-for-bad-knees/	8.9M - Weak	3007 words	<p>Long article review on a weak site.</p> <p>Title: Top 7 Best Cushioned & Low-Impact Treadmills for Bad Knees</p> <p>Can be outranked with a quality article.</p> <p>Good opportunity!</p>
http://www.bostonrockgym.com/best-treadmill-for-bad-knees/	4.4M - Weak	4634 words	<p>Long article on a weak site.</p> <p>Title: Top 11 Best Treadmill For Bad Knees/Arthritis Problems 2023 – Protect Your Joints</p> <p>This can be outranked with a nice quality review!</p> <p>Good opportunity!</p>
http://treadmill.run/which-treadmills-are-best-for-bad-knees/	12.5M - Very Weak	3529 words	<p>Long article review on a very weak site.</p> <p>Title: THE ULTIMATE GUIDE TO TREADMILLS FOR BAD KNEES</p>

			Good opportunity!
http://garagegympro.com/best-treadmill-for-bad-knees/	5.1M - Weak	3563 words	Long article review on a weak site. Title: 7 Best Treadmills for Bad Knees: Reviews for Pain Free Workouts Can be outranked with a quality article. Good opportunity!
http://homegymstrength.com/treadmills-for-bad-knees/	6.3M - Weak	1028 words	Medium article on a weak site. Title: Best Treadmills for Bad Knees This can be outranked with a nice quality review! Very good chances to outrank this one.

Conclusion:

- Easy keyword
- Low competition
- Popular product
- Most sites are pretty weak
- You can outrank most domains with a proper review of 3,500+ words
- Good search volume
- Great commission opportunity 💰
- You should have a good chance of ranking on the first page 

Suggested strategy:

- Publish a very high quality article – **Best Treadmill for Bad Knees**
- Make sure to use the main keyword in **title H1 and description**
- Make the post above **3,500 words**
- In the **page description** and in **the page title**, add the word **"BEST"**
- Link from the post several times to the products you are going to be **promoting via your affiliate link** – There are a few different options

from both brands on Amazon and Walmart, go for most popular products from top ranking articles

- To make your article even more comprehensive, you could add a section **about the manufacturing company**
- The top ranking articles have reviewed between 4 and 8 products. **You could review 10 or even more products.**
- Here are 2 good articles to use as an example:
<https://www.garagegymreviews.com/best-treadmill-for-bad-knees>
👉 You could make a table reviewing both products features – check out this example:

- Overall Best Treadmill for Bad Knees: [NordicTrack Commercial 1750](#)
- Best Manual Treadmill for Bad Knees: [AssaultRunner Pro](#)
- Best Cushioned Treadmill for Bad Knees: [Sole F63](#)
- Best Budget Treadmill for Bad Knees: [UREVO Under Desk Treadmill](#)
- Best Running Treadmill for Bad Knees: [Horizon 7.4 AT](#)
- Best Walking Treadmill for Bad Knees: [Echelon Stride](#)
- Best Treadmill for Bad Knees with Interactive Programming: [Bowflex Treadmill 10](#)

Best Overall



NordicTrack Commercial 1750

The NordicTrack 1750 treadmill features a 14-inch HD adjustable touchscreen with which you can stream iFIT programming on (sold...




CHECK PRICE

👉 Some of the product aspects and information ideas that you could include in your article to make it super complete:

- Cushioning
- Incline And Decline
- Soft Drop Feature
- Deck Size
- Control Panel

<https://fitlifefanatics.com/best-cushioned-treadmill-for-bad-knees/>

👉 You could make a table reviewing both products features - check out this example:

Best Value	Our Top Pick	Most Affordable
		
<p data-bbox="461 1549 548 1575">Sole F63</p> <p data-bbox="410 1610 599 1635">Read Reviews Here</p> <p data-bbox="418 1673 591 1698">Check On Amazon</p>	<p data-bbox="846 1539 976 1564">Bowflex BXT</p> <p data-bbox="816 1600 1005 1625">Read Reviews Here</p> <p data-bbox="824 1663 997 1688">Check On Amazon</p>	<p data-bbox="1211 1518 1422 1543">NordicTrack T Series</p> <p data-bbox="1222 1579 1411 1604">Read Reviews Here</p> <p data-bbox="1230 1642 1403 1667">Check On Amazon</p>

#1 Rated



Bowflex BXT116

Best Overall Option



[Check On Amazon](#)

👉 Some of the product aspects and information ideas that you could include in your article to make it super complete:

- Understand the type of cushioning
- Deck size
- Speed
- Presets and customization
- Control panel

- **You could add** Pinterest posts, Instagram images, Youtube videos
- **Here are most popular FAQ:**

Are treadmills good for bad knees?

What treadmill is best for bad knees?

How do I protect my knees on a treadmill?

What are the disadvantages of treadmill?

Is treadmill better than bike for knees?

Is treadmill or bike better for knee pain?

Is treadmill or ground worse for knees?

- You may want to promote products by using one of or both strategies:
 - 👉 Create a comparison table of the Best Treadmill for Bad Knees
 - 👉 Pick one or more models and review them in your article
- Make the post super comprehensive by adding extra sections that other posts may have missed such as **frequently asked questions**, warranty, money back, specifications, shipping costs, pros and cons
- **Create a catchy SEO Title** – Check out what the competition has done:

Best Treadmill for Bad Knees 2023 - Garage Gym Reviews

<https://www.garagegymreviews.com/best-treadmill-for-bad-knees> ▼

▶ **People also ask**

4 Best Treadmills for Bad Knees in 2023

<https://treadmill-ratings-reviews.com/blog/treadmill-for-bad-knees/> ▼

▶ **3 Sitelinks**

What to Look for in a Treadmill If You Have Knee Problems

<https://www.runnersworld.com/training/a35038869/best-treadmills-for-knee-problems/> ▼

Best Treadmill for Bad Knees – Most Cushioned Options

<https://fitlifefanatics.com/best-cushioned-treadmill-for-bad-knees/> ▼

10 Best Treadmills For Bad Knees - Stylecraze

<https://www.stylecraze.com/articles/best-treadmill-for-bad-knees/> ▼

▶ **2 Sitelinks**

Top 7 Best Cushioned & Low-Impact Treadmills for Bad Knees

<https://homegymmag.com/best-treadmills-for-bad-knees/> ▼

▶ **2 Sitelinks**

Top 11 Best Treadmill For Bad Knees/Arthritis Problems ...

<https://www.bostonrockgym.com/best-treadmill-for-bad-knees/> ▼

The Ultimate Guide To Treadmills For Bad Knees

<https://treadmill.run/which-treadmills-are-best-for-bad-knees/> ▼




7 Best Treadmills for Bad Knees: Reviews for Pain Free ...

<https://garagegympro.com/best-treadmill-for-bad-knees/> ▼









Best Treadmills for Bad Knees - Home Gym Strength

<https://homegymstrength.com/treadmills-for-bad-knees/> ▼

Related searches from Google USA – Make sure to include some of this info and keywords in the article as subtopics, or mentioning it somewhere.

	Low-impact treadmill for seniors	▼
	Best treadmill for shin splints	▼
	Bowflex Treadmill	▼

Feedback

 best shock absorption treadmill	 best low-impact treadmill for home
 best treadmill for bad knees reddit	 best treadmill for sore feet
 best treadmill workout for bad knees	 best treadmill for bad back
 best treadmill for home	 best treadmill for walking

Keywords to explore, maybe add some to your article or create new articles!

Keyword	Intent	Related	Volume
+ best treadmills for knees >>	C	80	30
+ best treadmill for bad back and knees >>	C	75	20
+ best treadmill for knee pain >>	C	75	20
+ best treadmill for bad knees 2022 >>	C	70	30
+ best treadmill for knee issues >>	C	70	20
+ treadmill easy on knees >>	C	70	20
+ treadmill that's good for knees >>	C	70	20
+ best treadmill for knees and joints >>	C	65	20
+ best treadmills for joints >>	C	65	20
+ best treadmill for arthritic knees >>	C	60	20
+ best treadmill for arthritis >>	C	60	20
+ best treadmill for joint impact >>	C	60	30

You can promote this product using the following Affiliate programs:

	3%	Sign up	Product search page
	4%	Sign up	Product search page
	5%-8%	Sign up	Product search page
	1%	Sign up	Product search page
	2%	Sign up	Product search page

Content ideas for your posts where you can consider this offer:

Is running on a treadmill bad for your knees?

What is the best treadmill for bad knees?

Which is better for bad knees treadmill or elliptical?

What treadmill is best for bad knees?

Is a treadmill good for someone with bad knees?

Is manual treadmill bad for knees?

Is treadmill good for bad knees?

Is walking on a treadmill OK for bad knees?

What is better for bad knees treadmill or elliptical?

What is better for bad knees treadmill or bike?

Is a bike or treadmill better for bad knees?

Is a treadmill or elliptical better for bad knees?

Is treadmill incline bad for knees?

Is a treadmill good for people with bad knees?

Is using a treadmill bad for your knees?