

Say “Goodbye” to Knee Pain

It often starts with a dull ache or nagging discomfort you do your best to ignore, but if you’ve had persistent knee pain for several weeks, you need to pay attention. Knee-related injuries and joint pain are common musculoskeletal problems that impact thousands of people every day. Left untreated, the symptoms can cripple your lifestyle and lead to serious consequences. But, there’s much you can do to successfully manage, *and even put an end to chronic knee pain.*

Most knee pain is caused by the overuse and under conditioning of muscles. Something that’s easy to correct. Here are six simple ways you can build **healthier, stronger and more flexible joints.**

6 Steps to Stronger Knees

- 1. Stretch** – Regular stretching decreases pain associated with stiff knees. Hold the stretch for at least 30 seconds and repeat.
- 2. Strengthen the Knee** – Do knee exercises several times a day to slow down joint deterioration. Physical therapy may also help.
(visit www.dekalbmedical.org “Joint Exercises”)
- 3. Avoid Reinjury and Regret** – Stop an activity or sport the minute you feel pain.
- 4. Natural Joint Supplements** – Such as glucosamine and chondroitin may improve mobility.
- 5. Wear the Right Shoes** – With proper arch support and protective padding.
- 6. Lose Weight** – If you are carrying extra pounds that add pressure to your joints.

No Nonsense Knee Prevention

Try these “heal yourself” home remedies, and if your knee pain persists, contact your doctor. Your physician may recommend physical therapy or anti-inflammatory injections as a next step to alleviate symptoms. In the meantime, **ICER** and give your knee ample time to repair itself!

ICER Down Acute Injury Recipe



Ice the area for at least 20 minutes

Compress the knee with an elastic wrap or support

Elevate the injured knee above your heart to reduce swelling

Rest the knee so you don't reinjure it



Call **404.501.TALK (8255)** to speak to a former patient, a Joint Solutions Center Specialist or to register for a **FREE** physician joint health talk.

That's **404.501.TALK (8255)** or email us at letstalk@dekalbmedical.org. Visit our website at www.dekalbmedical.org for more information.