

# HEALTH TIP



THE WIN WITHIN  
VICTORIOUS

## WALKING AWAY FROM KNEE PAIN

Especially for people who walk a lot, chronic knee pain can make this healthy activity feel too painful to continue. You shouldn't and here's why:

- Research has shown that exercising achy knees is beneficial for preventing debilitation stiffness.
- Sometimes, the experience of knee pain while walking can be a gait imbalance indicator. A visit to a physical therapist can help.
- Do make sure you're stretching after a long walk, paying special attention to the quadriceps, calves, and hip flexors – all of which are involved in healthy knee mechanics.
- When walking becomes too troublesome, try switching to yoga for a while. Yoga can help challenge and exercise the knee muscles, gently.
- Don't ignore serious pain warning signs that are accompanied by redness, swelling, fever, or instability. Any of these warrant a visit to the doctor as soon as possible.



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