

HEALTH TIP



3 Knee Pain Prevention Tips

Occasional bouts of knee pain shouldn't keep you from maintaining an active lifestyle. These tips can help you keep the knee pain at bay, so you can continue living the active life you love:



DON'T QUIT

Recovery after an acute knee injury is important, but don't quit trying to maintain an active lifestyle. Walking remains a great way to stay active. If you can't tolerate a 30-minute walk well, try breaking it up into three 10-minute mini-sessions. The point is to try to stay active, on the daily, no matter how you get it done!



STRETCH IT OUT

Stretching of the quadriceps, gluteal, and hamstring muscles is essential to keep the knees in proper working order and to help avoid future injury and joint damage. Maintain a focus on these muscles with stretches designed to elongate and strengthen them.



SHAPE UP YOUR SHOES

Comfortable, supportive, and properly-fitted shoes offer protection by keeping pressure off the knee joints. When possible, ditch high heels for a shoe with better arch support and when engaging in activity, be sure to wear an athletic shoe. Flip-flops and exercise are a recipe for knee injury!