

HEALTH TIP



THE WIN WITHIN
VICTORIOUS

KNEE INJURY PREVENTION

Some knee injuries can't be avoided. But there is plenty you can do to reduce your risk of sustaining one:

Maintain a healthy weight.

Your knees bear the brunt of excess body weight, which can cause accelerated wear-and-tear damage to them.

Focus on footwear.

Make sure your shoes are well-fitted, supportive and stable. This can help you avoid a fall that could result in a knee injury.

Exercise accordingly.

Workouts that include leg, hip, core and gluteal muscle exercises are crucial for building the strength of the muscles that support the knee's function.

Stretch it out.

Like exercises that strengthen muscles surrounding the knees, gentle stretching of these muscles is also necessary to help avoid strain that can affect the knees.



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