

Knockout Knee Pain

You may first feel it when attempting to bend down to pick a fallen item or it could be you experience it as morning stiffness that you feel when you first get up out of bed. But whenever it hits you **knee pain** will undoubtedly get your attention.



The Good News about Knee Pain is that It Responds Well to Self Care Measures.

There are a number of factors that can put you at risk for knee discomfort. Some of them are:

- **Overweight:** If you consider more than you should, you put more stress and pressure on your knee joints.
- As time passes this particular excess pressure can cause pain.
- **Overuse:** An inflammatory response can occur when a repetitive exercise, causes a muscle to have worn out.
- This inflammatory response can damage surrounding tissue.
- This can be further compounded when you don't give the knee enough time to fully recover thereby making it at risk of re-injury.
- **Lack of muscle strength:** Experts site lack of strength and flexibility as the leading cause of knee injury and pain.
- Weak or tight muscles offer less support for the knee joint.

Mechanical problems: Having misaligned knees, one leg that is shorter than the other or other structural problems may contribute to knee pain.

Previous injury: If you have previously injured your own knee probabilities go up that you will injure it again. Possibly because the knee was not given enough time to properly heal or because the leg doesn't come back to the problem it was in prior to the injuries.

- **Age:** Some knee related conditions affect young people more frequently than old, for instance Osgood-Schlatter disease or patellar tendonitis.
- Other conditions such as **gout** and osteoarthritis have a tendency to occur in older people.

An injury to the knee make a difference the ligaments, tendons Or bursa (fluid loaded sacs of the knee) or a combination of these areas of the knee.

Some of the Most Common Causes of Knee Pain are:

Bursitis - An inflammation that comes from pressure on the knee. The pressure may be coming from repeated overuse, kneeling for long periods of time or other injuries.

- **Tendonitis** - Pain that occurs in the front of the knee.
- That usually gets worse when going up and down stairs.
- This is a common injury of skiers, sportsmen and cyclists.

Tom ligaments or cartilage - This injury can cause severe pain and lack of stability of the knee joint.

Strain or Sprain - A minor injury to the ligaments cause by sudden or unnatural twisting.

Hip Problems - May Lead You to Feel Pain in the Knee Area.

Osteoarthritis - a condition affecting the joints characterized by soreness and stiffness.

Gout - A metabolic disorder caused by an accumulation of **uric acid** in the joints.

- As stated earlier knee pain responds well to self care.
- Some of the things that you can do if you experience knee pain are:

Apply ice 15 minutes at a time, initially after which about 4times a day afterwards until the pain subsides.

Rest and Avoid the Routines that Contributed to the Initial Injury

Elevate your leg to bring down the swelling.

Over the Counter Medicines can Provide Pain Relieve Through Pain.

Sleep with a pillow beneath the afflicted knee.

Gentle compression, such as having an Ace bandage may reduce swelling and provide support

Is not always possible to prevent knee pain but there are some things that you can do to reduce the likelihood that knee problems will occur.

- Keep off excess weight.
- Maintaining a healthy weight will keep your knees from having to support over they were designed to support.
- Stay flexible.
- Weak muscles make you more vulnerable to injuries of the knees.
- So do stretching exercises, daily to keep flexibility

Exercise Wisely

Don't exercise when you have pain or you're tired. If you have chronic injuries consider switching to sports or exercise that put less stress on your joints. For instance swimming instead of basketball.

- Get good fitted shoes or boots.
- When shoes fit inadequately we may compensate in the knees and hips, producing them to be misaligned and causing them to be prone to injury.

Proper supplements: There are health supplements that can help the body keep the ligaments and joints lubricated, and also help rebuild cartilage.

- Like Phosoplex' is often a supplement that is recommended for osteoarthritis and **joint pain**.
- It is a powerful, all natural and safe solution for joint lubrication, pain relief and the rebuilding of healthy cartilage.

You stick to the above suggestions you will go a long way in order to knockout knee pain before it begins.

About the author:Stephanie McIntyre and Kamau Austin tend to be health and fitness enthusiasts and also advocates. They write on a regular basis on classic health and fitness tips at the Fit After Forty Weblog. Notice more useful health and fitness news and tips from...<http://www.healthandfitnessvitality.com/blogs/fitnessblog.htm>.

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