

Is Knee Pain Stopping You From Doing Activities You Enjoy?



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when this muscle is weak, it will cause the knee to collapse in, consequentially stressing the inside structures of the knee. Repetitive stress will cause movement dysfunction and ultimately pain. Therefore, it is imperative to strengthen the hips and ankles to avoid any unnecessary stress affecting the knee.

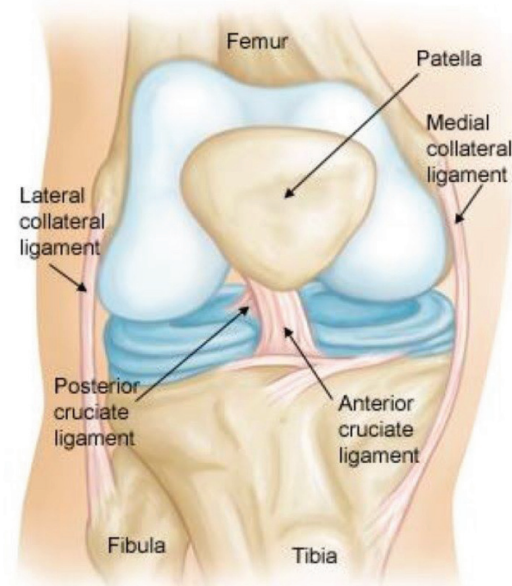
Running is a great exercise to get your legs strengthened and your heart pumping. Joints in the leg, such as the knee, absorb a lot of shock when they pound the ground over and over again. While running, one leg is on the ground at a time. Your one leg needs to support all of your body weight in the half of a second it touches the ground before it lifts up and the other leg lands. The muscles and joints in your leg need to be strong during this repetitive process. If there is poor stability or mobility in your hips, knees, or ankles, it can cause a lot of issues.

Cross-training is very important when it comes to activities like running. Running makes certain muscle groups of your knee, hip, and ankle stronger, but you are not using all of your muscles equally when you run. Make sure you give some attention to strengthening your hips, gluteal muscles, and ankles so they can better provide stability for your knees. Keeping your core, hips, and ankles strong can ensure a healthy and happy knee. Stretching is also another important activity to keep your muscles loose and maintain flexibility.

As mentioned, the knees have to be strong in order to support the rest of your body. Therefore, body weight is a huge component in knee issues. Being overweight or obese puts more pressure on your weight-bearing joints. Typically, bones and cartilage will degenerate as we age; there is no way around that. However, with unnecessary weight, the increased stress can lead to faster degeneration. Every pound you gain equals about 7 more pounds through your knee. Your knee is carrying a lot of pressure.

Making sure you maintain an ideal weight by performing cardiovascular exercise 20 minutes a day and eating a healthy and balanced diet can prolong the function of your knee.

Squatting is a great exercise to strengthen your knees, and it is also a very functional movement. Every time we sit down and stand up, we do a squat. However, many people with knee pain have difficulties with squatting. They may have trouble due to structural damage to the knee, but often times it is because of improper body mechanics. You need to make sure your knees stay in a neutral position through the motion and do not collapse in or out when you squat down.



your body will help keep your joints, especially your knees, happy.

If knee pain is impeding your life and stopping you from doing the activities you enjoy, get evaluated by a physical therapist. Here at WWSPT, we will evaluate and examine you thoroughly to determine the issue that is causing your knee pain. We will guide you through the healing process with exercises and specific manual techniques to get your life back on a healthy track.

In the past few years, popular opinion has shifted to a greater emphasis on exercising. Such fads have appeared in the form of marathon running, yoga, high-intensity interval training gyms, and CrossFit taking over popular culture. While exercise is great for the body and mind, amateurs participating in these highly skilled, intense activities can face some challenges, such as knee pain.

Knee pain is a very common complaint among kids and adults who are both inactive and active. The knees are one of the joints that support your entire body when you stand and walk. While the knee only moves primarily in two directions, extension and flexion, its anatomy is one of the more complicated out of the body's joints.

There are two menisci and four ligaments in each knee that provide movement and stability. The knee cap also provides some motion as you straighten and bend your knee. Multiple muscles in the front and back of your leg attach to or cross over the knee to help it move efficiently. As a result, there could be many diagnoses and factors that could cause knee pain. However, there are other parts of your body that can cause knee pain as well.

Knee issues can often occur due to things happening up the leg or down the leg. How your ankles and hips move and the muscles activated can affect the middleman that is the knee.

For example, there is a muscle in your hip called the gluteus medius. It is one of the muscles that bring your leg out to the side and your leg backward. It also does some rotation in the hip. Often times

You also want to make sure your knees do not go beyond your toes. In other words, you should stick your rear out and make sure your toes are still in view when you go down. Simple changes in how you move

Image: <https://orthoinfo.aaos.org/en/diseases--conditions/combined-knee-ligament-injuries/>

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