

Tips for keeping Knee Healthy

- **Maintain a Healthy Weight:**

Excess body weight places additional stress on the knee joints. Maintaining a healthy weight can reduce the risk of developing knee problems, especially osteoarthritis.

- **Stay Active with Low-Impact Exercises:**

Engage in regular, low-impact exercises like walking, swimming, and cycling to keep the muscles around the knee strong and flexible without putting excessive strain on the joints.

- **Strengthen the Muscles Around the Knee:**

Include exercises that target the quadriceps, hamstrings, and calf muscles to provide support to the knee joint. Consult with a fitness professional or physical therapist for a personalized exercise program.

- **Warm-Up Before Exercise:**

Warm up your muscles before engaging in physical activity. Gentle stretching and light aerobic exercise can help prepare your body for more intense movements.

- **Use Proper Footwear:**

Wear shoes with good arch support and cushioning to reduce impact on the knees. If you have specific foot conditions, consider orthopedic inserts or custom-fitted shoes.

- **Avoid Overtraining:**

Allow your body sufficient time to recover between workouts to prevent overuse injuries. Listen to your body and avoid pushing yourself too hard.

- **Avoid Prolonged Sitting:**

Long periods of sitting can contribute to stiffness. Take breaks to stand, stretch, and move around regularly.