

Do you have an overworked knee?

You are not alone with knee pain, injuries and knee problems are so common that most of us will experience it at some point in our lives. Knee injuries can occur due to physical activity or as a result of natural wear and tear with age.

And it is not surprising that so many people have problems with the knee - the knee is a very sensitive composition of joints and cartilage that, unfortunately, is poorly protected. As a result, the risk of injuries such as osteoarthritis of the knee and jogging knee is high.

Osteoarthritis of the knee - In the knee joint, the upper leg and lower leg meet, in osteoarthritis, the cartilage lying between the upper leg and the lower leg becomes uneven. It gives the impression that the knee is catching and may crack and break.



Running knee is a condition that can affect anyone who leads an active lifestyle. The condition means it hurts around the kneecap and is usually caused by overexertion, injury, or muscle weakness. Excruciating pain is often felt in and out of the knee, especially during and after physical activity. Resting and reviewing your training is usually enough to get the problems gone, and in some cases a cortisone injection can help.

If you experience swelling and pain in the front of your knee it may be due to bursitis (inflammation of the mucous membranes). The disease usually heals itself within 1-2 weeks and rarely requires treatment.

Avoiding chafing on the knee completely is difficult, but there are things that can be done to minimize and prevent them.

Here are 5 tips for avoiding problems and relieving the pain if you have a sore knee.

5 tips for those with pain and pain in the knee

1. Protection, rest, compression and elevation
2. Knee protection is primarily about refraining from activities that caused the injury. In addition, it is a question of avoiding exposing the knee to other activities that carry a risk of exposing the knee to shocks or other types of exertion.

3. When it comes to rest, it's something that is important for the body to repair damaged tissue, but you should make sure your knee is activated back and forth to avoid stiffness and possible muscle weakness.
4. Compression is an effective way to protect and support your injured knee. We have several products that have been developed to provide increased blood circulation and at the same time good support for the knee joint. Compression should fit snugly, but should not hurt. When compression is correct, the occurrence of muscle vibration is reduced, which contributes to faster recovery.
5. Placing your injured knee in an elevated position can help reduce swelling and increase blood circulation.

Strengthen your thigh muscles - protect your knees

Exercising and strengthening the front thigh muscles - the quadriceps - is an effective way to protect your knees. The absolute best way to avoid wear and tear is to train your thigh muscles, including the back of your thighs. If Your Knee Hurts - Below are 4 simple exercises to help you get started. Remember to warm up first!



Place one foot on the step or platform, approach with the other foot, then come down with the first foot and repeat. Start seated on a chair, get up and sit down. Repeat this slowly and in a controlled manner, not using your hands and arms to support you.

Lie on your back with the towel rolled behind your knees. Tense your thighs so that the leg is straight and hold for 5 seconds.

Stand with your back pressed against the wall. Move down to a sitting position (90 degrees) and hold there for a few seconds, then move back to a standing position. Try to increase the number of seconds in a sitting position over time.

Be sure to exercise carefully - you are probably on that side as you are in pain.

Running on paved ground may cause your legs and knees to beat. Running in the woods carries the risk of stepping on rocks and roots at an angle. Running on a treadmill with good running shoes is therefore optimal, the alternative is to consider walking briskly until your

knee feels better. Cycling can also be a good alternative as it does not put as much stress on the knees.

Massage

Massage, whether professional or self-massage, can relieve knee pain when you feel pain in your knee. The following techniques are something you can test at home, they should be performed while seated, preferably in a chair, with the soles of the feet facing the ground.

Clench your fists lightly and “slap” loosely around your thigh with both hands to soften the thigh muscles. Place your wrists (lower palm) on top of your thigh. Apply pressure and move your wrists along your thigh until you reach your knee.

Repeat the same on the outer and inner thighs.

Use four fingers to gently press the point between the muscles around the kneecap and massage with your fingertips. Repeat this at several different points around the kneecap. Place your wrists on the top of your thigh again, apply pressure and slide down your thigh, round the kneecap, and slide back over the outside of your thigh. You can use massage oil or other aids to perform these exercises, below are some examples of massage products that can help you.