

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 ponder more than you should, you put more stress and pressure on your knee joints.
- As time passes this excess pressure can cause pain.
- **Overuse:** An inflammatory response can occur when a repetitive action, 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 the required 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 provide less support for the knee joint.

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

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

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

An injury to the knee can affect any of the ligaments, tendons or bursa (fluid loaded sacs from the knee) or a combination of these areas of the leg.

Some of the Most Common Causes of Leg 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.
- This usually gets worse when going up and down stairs.
- This is a common injury of skiers, sportsmen and cyclists.

Torn 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 Cause You to Feel Pain in the Knee Area.

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

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

- As mentioned previously 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 4 times a day afterwards until the pain subsides.

Rest and Avoid the Activities Which Contributed to the Initial Injury

Elevate your knee to bring down the swelling.

Over the Counter Drugs can Provide Pain Relief Coming from Pain.

Sleep with a pillow beneath the affected knee.

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

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



Knee Pain Gout Joint Pain Uric Acid Uric

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

Exercise Wisely

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

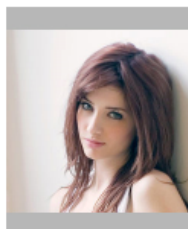
- Get good fitted shoes or boots.
- When shoes fit poorly we may compensate in the knees and hips, leading to them to be misaligned and which makes them prone to injury.

Proper supplements: There are dietary supplements that can help the body keep the ligaments and joints lubricated, and in actual fact 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 healthful cartilage.

You follow the previously mentioned suggestions you will go a long way to be able to knockout knee pain before it begins.

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



“ Susie Hart

Susie is a leading curator at omex3.com, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.

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