

Facts you may not know about knee pain

I have found that most people do not know how to keep their knees "healthy". It can be as simple as doing 2 stretches.

1) Get on all 4's - Keeping your toes pointed straight back, slowly sit on your "haunches". Only go as far back as you can without pain. You will feel a good stretch in the front of your lower leg, as well as into your knee. Again; only go as far back as is comfortable.

Wait - take a deep breath, go a little more. you can also move your body from side to side over your knees and evaluate where you need to take time. Your body will tell you.

2) Get comfortable sitting on the floor or flat surface. Place the foot of the knee to be stretched on a pillow leaving the knee unsupported. Rotate your foot on the pillow, outward. With one hand press down on the knee-cap - stretching the area behind that knee. Take time. It is an important stretch.

These 2 stretches will definitely keep your knees happy, but in order to really make sure there are no uneven "pulls" on your knees you will need to line up your pelvis, so that when you stand and walk, your body is symmetrical and one leg is not longer or shorter than the other. This is all outlined in my book " Staying Flexible" on the website www.imflexible.com. Check out the free download.