



Pain-Free Knees

A Balanced Exercise Program Can Help

If your knees are giving you problems – they ache or feel tight and creaky when you get out of bed -- you're not alone. Nearly 50 million Americans feel the same way.

Knees are the most commonly injured joints in the body. Considering that when you walk up stairs, the pressure across your knee joints is *four times* your body weight, it isn't surprising. Simple, everyday wear and tear can end up hurting your mobility.

But it's not too late. With care and maintenance, your knees can be trouble free. Even if you already experience problems, exercising the muscles surrounding the knee joints -- Quadriceps (front of thigh), Hamstrings (back of thigh), Abductors (outside thigh), and Adductors (inside thigh) -- will help make your knees stronger and less susceptible to injury. In addition to strengthening the muscles to provide needed support, exercise keeps your joints from stiffening making movement easier and reducing pain. For help with exercises, attend Group Fitness classes or schedule some sessions with one of our certified Personal Trainers.

Keep in mind that exercises are designed to help, not hurt. If you experience pain – not to be confused with muscle fatigue -- at any time during an exercise, stop. Pain is your body's way of telling you that something is wrong and a visit to your doctor may be in order.

Reference: SparkPeople.com 2008