

OVERCOME KNEE PAIN

Overcome knee Pain is a musculo-skeletal health management program designed to restore poor knee function to good.

The main contributor to knee pain is leg bones that are out of alignment.

The main contributors?

- feet that aren't square when you stand. Heels that are lop-sided, in fact poor foot stability generally.
- muscles on either side of the knee that are weak and tight.
- muscles around the hip and buttock region that are weak and tight, pulling bones below them out of alignment.

Overcome Knee Pain also contains a diagnostic section where you'll get a good idea of the likely source of your pain.

This book goes beyond the tablet, creme, rub down, ray lamp, crunch, hot pad, electric shock and scalpel.

Overcome Knee Pain is a companion volume to the book, **Overcome Back Pain** which I hope you've already purchased. It contains a more detailed outline of the principles of musculo-skeletal dysfunction; together with some of the key exercises you need to do to reduce lower back pain.

John Miller



OVERCOME KNEE PAIN



Hi, I'm John Miller. Thanks for downloading the book.

What I'm about to give you is information about the likely causes of knee pain.

I'll show you a few of the exercises I think you need to do to get you knees back into better shape.

Knees are a bit tricky so I'm less sure of my ability to provide you exercises that are going to absolutely restore poor function to good. But I'll give it a go.

I've had a crook knee myself and the exercises helped a great deal. However on the grand scale I do not think my dysfunction was anywhere near as bad as many of the people I've seen

If you do the right strength and flexibility exercises there's a good chance your legs will get back into better alignment.

That's the secret to dramatically reducing knee pain.

Overcome Knee Pain is published by **Global Back Care** is a division of Miller Health Pty Ltd, a corporate health management company located in Canberra, Australia.

P.O. Box 3718 Weston Creek ACT 2611
Ph (61) 2 6288 7703. www.globalbackcare.com July 2008.

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OVERCOME KNEE PAIN

1. INTRODUCTION

One thing I do know is that many of the people I see with knee pain are not in good shape generally. They're over weight. Add 30 kilograms to your bodyweight and you put your knees under a lot of extra pressure. Plus being overweight dramatically reduces your mobility.

There is a good chance you won't be able to squat down. Your quadriceps and thigh muscles are too weak.

I've also noticed that people with sore knees don't have a regular and systematic strength and flexibility program. They haven't exercised for years. They don't have a good gym program. Over the years muscles have become progressively weaker and tighter. Bones have gradually been pulled out of alignment.

They go to therapists for palliative treatment. Rub downs and ray lamps haven't succeeded in getting them back into alignment.

They take anti-inflammatory tablets to mask the pain. The problem is getting worse.

Because the bones are out of alignment arthritis has set in. 'Arthro', bone, 'itis', inflammation. Like any bearing, as soon as the bones of the leg get out of alignment the ends of the bones start to wear against each other and become inflamed.

If you can get the bones straight, the inflammation should go away.

ORTHOTICS

I think the foundation of good knee function is feet that are square and stable. If your feet are out of alignment then there's a chance that everything above them may be out of alignment. Now theoretically you should be able to do the right exercises to get your feet squared off and stable, but my experience suggests it might be an impossible task. You may need to bite the bullet and get some orthotics. If you're smart (and lucky) you may get away with some cheaper heel wedges. Either way, get yourself checked out properly by a podiatrist who specializes in preparing orthotics for sports people.

CAVEAT

Sorting out knee pain seems to be a tougher assignment than sorting out back, neck and shoulder pain. I suspect this is the case because the knee joint is less well supported than other joints. Nevertheless I hope these exercise make things better.

Good luck. Train harder and smarter.

John Miller

July 2008

HABITS

Make a habit of doing your exercises. That's a sure-fire way for your knees to get better. As John Dryden said:

We first make our habits, and then our habits make us.



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2. RECAP – principles of musculo-skeletal dysfunction

1. Muscles pull bones out of alignment. That's the bad news. The good news is that muscles can pull bones back into alignment – just start doing the right strength and flexibility exercises.
2. The second principle is that the cause of the pain is rarely at the site of the pain, so the rub down, the ray lamp and the crunch won't loosen your tight calf, quadriceps and buttock muscles that are in part a likely cause of your knee dysfunction.

Likewise, the crunch, rub down and ray lamp don't make your leg muscles stronger, more flexible or better able to keep your legs in correct alignment.

BERT NEWTON'S LAW OF MUSCULO-SKELETAL DYSFUNCTION

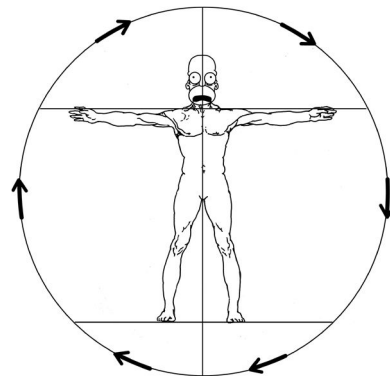
A body in alignment stays in alignment unless acted upon by a force.

With respect to knees the great quest is to find out which muscles are responsible for pulling the bones of the leg out of alignment.

THE MUSCULO-SKELETAL ECOSYSTEM

The musculo-skeletal system is an ecosystem. What we know about an ecosystem is that all parts are inter-related. You've heard of the song 'Dem Bones' that goes like this,

**'Your toe bone connected to your foot bone
Your foot bone connected to your ankle bone
Your ankle bone connected to your leg bone
Your leg bone connected to your knee bone
Your knee bone connected to your thigh bone
Your thigh bone connected to your hip bone ...'**



In all that there's a high likelihood for bones that are even slightly out of alignment to affect the bones above and below them. The knees become the meat in a painful sandwich.

So, misalignment of a bone in one part of the body will probably mean a misalignment of a bone or bones in another part of the body.

THEORY OF COLLATERAL DAMAGE

There's a high likelihood that the pain you're experiencing in one part of your body is actually due to collateral damage caused by bones in another part of your body being out of alignment.

With respect to knee pain the problem may start with your feet. You need to make sure your feet are square, not splayed out and that the foot is flat.

It's also likely that the positioning of the pelvis will be a major contributor to collateral damage experienced in the bones below it. Once the pelvis moves, the bones below it are likely to move too.

The aim then is to get the bones of the lower leg and the upper leg back into alignment. Do that and your knee pain should go away.

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3. ANATOMY OF KNEE DYSFUNCTION

I had a crook knee, or more precisely, every time I walked up stairs, my right knee would 'give' a bit. I put it down to old age. It wasn't a serious problem, like my mate Graham who ended up having to have a knee replacement. That's really bad.

I went on a quest to fix it up, starting with the osteopath who gave it a deep tissue massage, a few acupuncture needles and a Chinese herbal patch.

It worked like magic, but only for a couple of months, and then it came back.

I spoke to Harry Haureliuk, master trainer at my gym. Here's a few exercises he showed me, which have been most helpful.

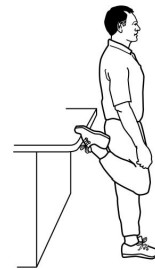
QUAD STRETCH

The quad stretch made a big difference. I do it for a few minutes every time I go to the gym.

If you've got a crook knee, there's a high likelihood that the quadriceps muscles on the front of the thigh will be tighter on the side of the knee that's crooked.

A kitchen bench is about the right height for this exercise. Unless you're vertically challenged an ordinary office desk will be too low.

It will give you an exceptionally good quad stretch.



Place your toe on the bench, get the leg square and knee pointing straight ahead, stand up straight and lean back.

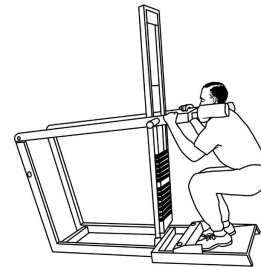
SQUAT IN THE GYM

The next exercise Harry got me to do was a deeper squat with lower weights.

Initially there was a 'sticking point' on the way down, but that's gone. Knee's better.

Strength has improved dramatically; what started off as a light weight is now a heavy weight.

This exercise strengthens the quadriceps and buttock muscles.



Do 3 sets each of 12 repetitions. The first set may be the hardest.

SQUAT AT HOME

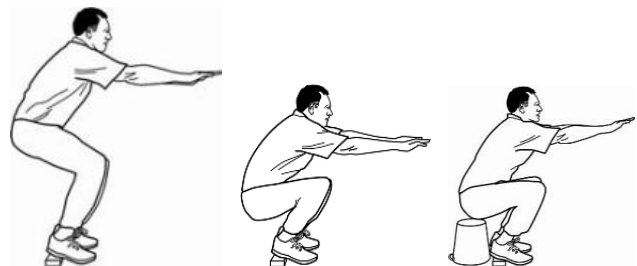
I worked out that you need to do slow squats at home.

A lot of people can't go right down, so I suggest they get a bucket to put under their backside that they go down to.

If you're still uncertain, hold onto a rail while you do this exercise.

You may need to use a heel raise to stop you from falling over.

Do 10 every day.



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Here are a couple of extra quad strengthening exercises.

AIR BENCH



Sit up against the wall, legs bent at 90 degrees. Press your lower back into the wall. Stay there for 2 minutes

FITBALL SQUAT



Gently lower and raise yourself through the position where the legs are parallel with the floor. 3 sets of 10.

HIP STRETCH

The next exercise acted as a diagnostic. The right leg would not go as close to the desk as the left leg. Right knee was worse than the left. Hello!

Spend a minute of each side, aiming to get the knee on the desk.



I modified the hip stretch to look like this.

In this position you get a very good buttock muscles stretch.



This exercise came from the Egoscue Clinic in San Diego.

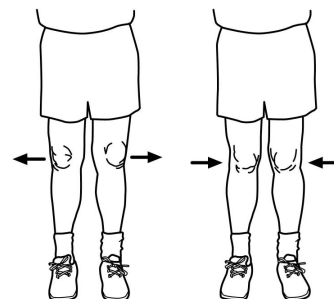
KNEE STRAIGHTENER

For a lot of people the feet are splayed out and the knees are knocked in. It's a major cause of knee dysfunction.

Stand with your feet square and about 10cms apart.

Squeeze your backside muscles so your knees rotate outwards. Then squeeze the inner thighs so the knees rotate so they're pointing straight ahead.

Your aim is always to get your kneecaps pointing straight ahead.



Be mindful of the position of your feet and the fact that your heels and toes should be squared off at all times.

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HAMSTRING STRETCH

Place your heel on the bench. Keep your body as straight as you can and take your navel down toward your thigh.

With every breath you breathe out let your chest lean forward another millimeter.

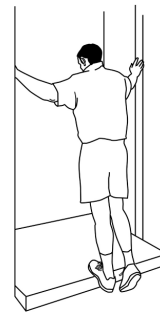
Keep doing it for a minute each leg.



CALF STRENGTHENER

One foot at a time.

20 ups and downs is good; 30 is better and 40 is best.



CALF LOOSENER

Make yourself up an incline board – a bit of chipboard on a thick (100mm square) block of wood.

You can move the block in to sharpen the angle.

Stand with your heels against the wall for five minutes and let the calves gradually loosen off.



So there you go. The quest to get your legs straight by getting muscles stronger and looser.

I'm sure this booklet just scratches the surface.