

Your Happy Knees

Shoes



Always wear good shoes! Rock 'n roll foot movement is the usual cause of knee pain, since your knee will move along with an overly flexible ankle or flattening arch.

A rigid arch and a deep heel cup are very important features of a good shoe insert. My favorites are SuperFeet/Green, around \$40 at



LLBean. Avoid flip flops, bare feet or flat, flexible soles if you are on your feet for long periods of time.

Push off, don't heel strike

Push off with your toes at the back end of every step. This neutralizes the position of your foot where it lands under your body after swinging forward. If your heel strikes forward of your body, it "puts on the brakes" until your body swings over it. This braking action causes your knee and shin to absorb extra shock.



Use a short stride walking or running down hills. Think about Fred Flintstone's feet circling under his car. This will cut down on the impact translating into your knees.



Ski Poles or Walking Sticks



Use two ski or trekking poles when walking or hiking for exercise. This can reduce the impact on your knees by 25% going downhill, where most damage is done. Why two? Using only one pole can actually increase the strain on your unassisted knee.



Brunswick NeuroMuscular Therapy

Deb Merrill
Licensed Massage Therapist
Certified NeuroMuscular Therapist
2 Quarry Rd, Brunswick, ME 04011

207-729-6498
deb@happymuscles.com
www.happymuscles.com

Strength training

Develop strong gluteal muscles (your butt) and hamstrings (backs of your thighs). These are usually weak, allowing your upper thighs to rotate inward as you walk. If there is any extra rotation in your leg, your knee may feel the pain. When the backs of your thighs are strong, they keep your knees from rolling inward. Lie on your

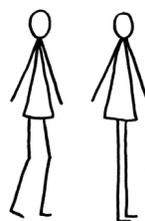


stomach on a rug. Lift up one straight leg, squeeze your butt muscles and hold for

5 seconds. Relax and repeat until you get tired. Repeat exercises with the other leg. Do not point your toes or your hamstrings may cramp up!

Stand like a Willow, not like an Oak

Keep your knees softly unlocked at all times. With your feet slightly apart, knees slightly bent, transfer your weight from one leg to the other in a gentle slow sway. I call this "rocking the baby"



because we see parents of infants modeling this nicely. You should stand like a Willow tree (unlocked knees, flexible and moving) NOT like an Oak (rigid knees locked back, feet together, hips tilted forward).

Taping extra foot support

If you know you will have a long day on your feet, tape extra support into your feet using sports tape. See my Foot Taping instructions on the happymuscles.com website.



Below are x-rays of my knees showing the normal floating position of a patella (knee bone) and a slight inward rotation due to standing in my bare feet without my SuperFeet shoe inserts! 🖐️

