

norelie

# 5 quick and easy

ways to relieve knee pain (Includes home exercises you can start today!)



# So, your knee pain is preventing you from doing what you want, what now?

If you're like most of us today, you probably experience discomfort or pain in your knees and other nearby areas. At worst it's totally disabling and at best it's annoying. Here are some of the main causes:

**Arthritis** - Swelling and tenderness of one or more joints, which can cause stiffness and joint pain.

**Osteoarthritis** - Degeneration of the cartilage of the joint, causing the bone to rub against the bone. This is more common with age and can cause pain, stiffness and loss of range of motion.

**Bursitis** - Swelling of the bursa, or fluid-filled sac around the joint. The function of the bursa is to soften the joint and reduce friction. When the bursa becomes irritated, pain may occur.

**Tendonitis** - Inflammation or irritation of the tendon, usually causing pain near the joint.

There are many other possible causes of knee pain. Whether intermittent or chronic, it is very frustrating to experience constant pain and irritation even during the most mundane tasks.

It can really disrupt your day or even your life as a whole.

Luckily, we've got 5 quick and easy ways you can take control of your knee pain right now and hopefully make them even stronger than before!

**Let's get straight to the point.**

# 5 quick and easy tricks

- 1 Therapeutic exercises
- 2 Heat and ice
- 3 Dietary choices
- 4 Lifestyle changes
- 5 Compression therapy  
**(The easiest and MOST RECOMMENDED)**

# 01

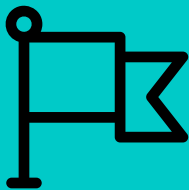
## Therapeutic exercises

Have you ever been to a physiotherapist? If not, you might think they're just gym teachers who tell you to go through a series of stretches they've made up to get your money.

If you are, you may have discovered that these professionals can actually work small miracles on your body with a few simple techniques.

Physiotherapists carry out thorough assessments to determine the source of your pain. They will then create a tailored exercise programme designed to strengthen, stretch and stabilise your muscles and joints.

The following exercises are the same ones you would get from a physiotherapist for knee pain. Try to be diligent with these exercises and make them part of your daily routine to maximise the benefits!



It is important to remember that all exercises and stretches should be done slowly and carefully to avoid pain and injury. It is up to you to decide how far you want to go.

# DISCLAIMER:

It is important to note that these recommendations are for information and educational purposes only. If possible, all exercises should be performed under the supervision of a physician.

If this is not possible, it is imperative that you perform each movement with care and attention. At the same time, ensure a slow and cautious approach to avoid further injury.

Keep this in mind and enjoy!

# Stretching the buttocks



**1**

Start by sitting on the edge of your chair with your leg straight out in front of you and your toes up.

**2**

Keeping your back straight, bend forward from the waist until you feel a stretch in the back of your thigh.

**3**

Hold for 30 seconds and repeat 3 times.

**4**

Repeat 3 times a day.

# Stretching the bottom



1

Stand staggered in front of a wall or chair.

2

Keeping both feet pointing forward and the back leg straight, lean on the front leg until you feel a stretch in the back leg.

3

Hold for 30 seconds and repeat 3 times.

4

Repeat 3 times a day.

# Stretching the forelegs



1

Start by standing in front of a chair for support.

2

Grab the ankle of the injured knee and gently pull the ankle into the buttock.

3

Hold the stretch for 30 seconds and repeat 3 times.

4

Repeat 3 times a day.



# Hip extension upwards



1

Start by lying on your stomach with a pillow under your hips.

2

Keeping your leg straight, squeeze your buttocks and slowly lift your leg a few centimeters off the floor.

3

Return to starting position and repeat 10 times.

4

Repeat 2 times a day.

# Bridges



1

Start by lying on your back with your knees together and your feet hip distance apart.

2

Squeeze your glutes and lift your hips off the floor.

3

Return to starting position and repeat 10 times.

4

Repeat 2 times a day.

# Straight leg lift



1

Start by lying on your back injured leg straight and the opposite leg hooked.

2

Lift your foot a few centimeters off the floor. Make sure the leg remains straight at all times.

3

Return to starting position and repeat 10 times.

4

Repeat 2 times a day.

# Lateral abduction of the hip



1

Lying on your healthy side with your knee bent and your foot hooked, keep your sore leg straight.

2

Keep the sore leg straight and gently lift the leg straight up and slightly backwards.

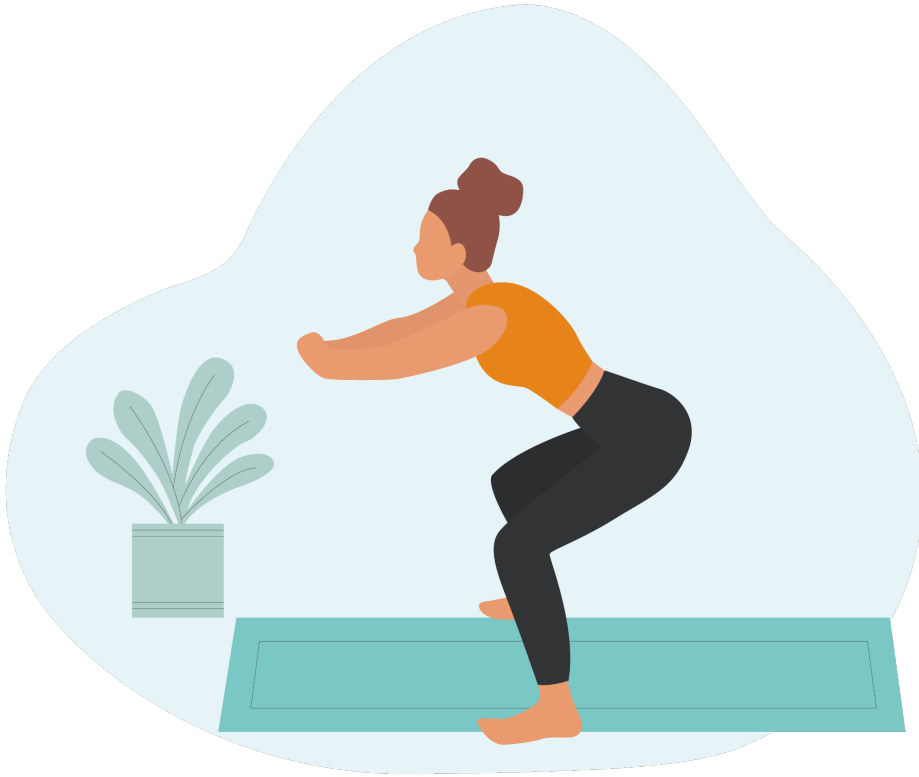
3

Return to starting position and repeat 10 times.

4

Repeat 2 times a day.

# Squats



1

Start in a standing position with your feet hip distance apart.

2

Shift your weight back and squat down as far as you can comfortably, making sure your weight is on your heels and that your knees don't come past your toes.

3

Squeeze your buttocks and return to the starting position. Repeat 10 times.

4

Repeat 2 times a day.

# 02

## Heat and ice

### Heat

A hot shower after a long day not only helps keep us clean, but our muscles and joints love it too! The heat therapy relaxes tense muscles and promotes circulation. This is especially helpful if you have chronic knee pain or arthritis. After just 20 minutes of heat therapy, your knees won't feel so stiff and your pain will ease.



**PRO TIP** - Before performing knee exercises, try heat therapy. This will help improve circulation around the joints and reduce tension in tight muscles.

### Heat treatment - use ~ 20 minutes

- Bathing in a warm bath, shower, sauna or jacuzzi.
- Use a heating pad
- Use wraps, such as a towel or blanket.

## Ice

It doesn't have to be complicated! Sometimes all we need is an ice pack. Cold therapy can significantly reduce swelling and inflammation, and can even numb pain. Ice is best for acute knee pain after an injury or if you have bursitis or tendonitis.

Lift the injured leg while using ice to further reduce swelling!



**PRO TIP** - After completing the exercises, try cold therapy on your knees to help reduce swelling and soreness.

### Cold treatment - apply for ~ 20 minutes

- Ice pack
- Gel-filled cold packs
- Frozen vegetables in a bag



# 03

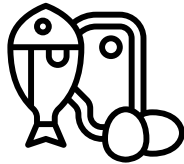
## Dietary choices

We all know that a healthy diet has many benefits, but did you know that high-fat and high-sugar foods can increase pain and cause inflammation?

It's true. That's why changing your diet to include more vegetables, fruits, healthy fats, complex carbohydrates and lean proteins can significantly alleviate joint pain and lead to many other benefits in your life.

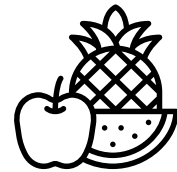
### Recommended proteins

- Tuna
- Salmon
- Beans
- Lenses
- Nuts



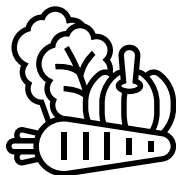
### Recommended fruit

- Blueberries
- Raspberries
- Strawberries
- Cherries



### Recommended vegetables

- Cabbage
- Spinach
- Broccoli



### Recommended spices

- Ginger
- Turmeric
- Cinnamon



**NOTE:** Switching out foods high in fat and sugar will not only help reduce inflammation and knee pain, but can also have many other health benefits. Try it!



# 04

## Lifestyle changes

Starting new routines is always a challenge, especially when it comes to eating and exercise. Gradually breaking away from old habits may be just what you need to get younger joints. Once you experience the benefits of these lifestyle changes, you're sure to put your bad habits in check.

Here are some ways to get happier and healthier knees:

- 1. Lose weight.** For many, this is not easy or fun. Did you know that when you walk, the force through your knees is 1.5 times your body weight? When you climb and descend stairs, this increases to 2-3 times your body weight. If you set a goal to lose 10 kilos, going up and down the stairs will remove 30 kilos of force from your joints. That's a huge amount!
- 2. Get aerobic exercise every day.** A nice walk is not only good for your cardiovascular health, it's also a way to help you lose weight, increase strength and reduce pain. By doing 30 minutes of low-impact exercise, you can stay healthy without increasing your pain. Try brisk walking, swimming or elliptical exercise. All of these are great for sore muscles and joints!

**3. Reduce painful movements.** This can be challenging, especially if you have a physical job.

- If the pain has already started, try to limit the time you spend standing. Instead, try sitting on a small stool or using knee supports.
- Reduce the time you spend running and do less strenuous aerobic exercise until the pain subsides.
- When going up and down stairs, try to go up the stairs with your good foot first and down the stairs with your bad foot last. This should help reduce the pain!

Practising these new techniques can help you get your pain under control.

**4. Practice good body mechanics.** If you've never been to a physiotherapist before, you probably didn't know that there is a right and wrong way to lift something off the floor. Good squatting mechanics when you go to reach into a shallow cupboard or lift a grocery bag can really help save your knees! You can do the squat correctly by following these steps:

- Stand with your feet shoulder-width apart in front of the object to be lifted.
- Keeping your back straight, slowly lower yourself into a squat position, making sure to push your buttocks back as if you were sitting in a chair.
- Make sure that your knees do not come in front of your toes! This reduces the pressure on the knees.
- Grab the object and return to a standing position.

It takes practice and repetition, but you'll be an expert before you know it!

Even if your pain starts to improve, try to stick to new, healthy habits.

# 05

## Compression

Yes, our favourite tricks for reducing knee pain and soreness! Compression therapy is our favourite method because it is very effective and easy.

Here's how it works:

Compression therapy strategically focuses pressure on the target area to promote healing and increase support. It has been shown to increase blood flow by up to 40% during operation and 30% during recovery, while reducing swelling.

This basically means that it creates an army of red blood cells that allow oxygen and nutrients to flow through your body and help you heal faster.

But that's not all, it also improves muscle stabilisation and reduces muscle fatigue, leading to increased performance and reduced fatigue.

All this just by putting on a compression pole support...

### **Here is a brief summary of the benefits:**

- The use of compression garments can help improve and support the body's natural ability to circulate blood. This helps relieve pain and stiffness caused by inflammation, repetitive use and travel.
- Improve sports performance - Compression garments can help with muscle fatigue and provide superior support. As you train, it also brings more blood to your muscles, improving performance and supporting against muscle tension.

- Protection against weather and wind - Compression garments can be used to keep your body warm and ready to move in cold weather and to wick away sweat in hot conditions.
- Great for recovery - Compression garments are the perfect partner for recovery as they revitalise tired muscles and joints. It speeds up the healing process considerably and helps you get back to work painlessly much faster.



All Norelie products are made from a specialized multidimensional compression material specifically designed for performance. All garments can be used for relief, prevention and recovery. Best of all, when you put our garments on, you can feel the difference within minutes without any inconvenience.

Feel free to explore our different compression products.

## **AktivLife 360° Compression pole support**



AktivLife Compression Knee Support provides gentle compression and therapeutic warmth to the entire knee. This new material provides extra comfort, is environmentally friendly and helps wick away moisture, so your sleeves always smell fresh. These knee sleeves are a great way to promote circulation and healing, while being one of the most comfortable knee sleeves you can wear.

## Benefits:

- Alleviates pain
- Combats fatigue
- Reduces inflammation
- Reduces numbness
- Provides stability for joints
- Supports the muscles



Perfect for anyone who wants to combat knee pain, strengthen muscles and knees or simply prevent pain from getting worse.

**You can read more about knee sleeves here:**

[READ MORE](#)

**You can learn more about all Norelie products here:**

[READ MORE](#)

**If you have any questions, please send us a message:**

✉ [Support@norelie-uk.com](mailto:Support@norelie-uk.com)

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