



Move To Feel Good

TIPS FOR YOUR KNEES



Knee pain is a common complaint that can affect people of all ages. Oftentimes a medical evaluation can identify the cause of the pain and the extent of the underlying condition. Targeted stretches, exercises, and behavioral modifications may help lessen your knee pain. Connect with resources provided below by clicking the text highlighted in [blue](#).*



Causes of Knee Pain

Knee pain may be a result of an injury or medical condition like arthritis, infection, or gout. Common [causes](#) include:

Injury

- ACL
- Fracture
- Torn meniscus
- Knee bursitis
- Patellar tendonitis



Arthritis

- Osteoarthritis
- Rheumatoid arthritis
- Gout
- Pseudogout
- Septic arthritis

Other Problems

- Excess weight
- Lack of muscle flexibility or strength
- Sports or occupational injuries
- Previous injury

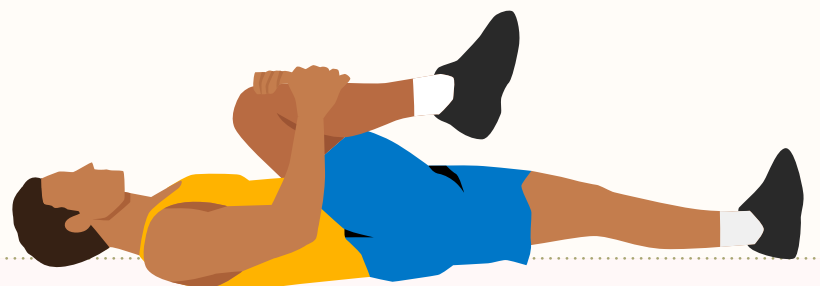
Strength Training Exercises for Your Knees

- [Stability Ball Wall Squats](#)
- [Standing Leg Extension](#)
- [Side Lying Hip Adduction](#)
- [Glute Bridge Single Leg Progression](#)
- [Standing Hamstrings Curl](#)



Stretches for Your Knees

- [Side Lying Quadriceps Stretch](#)
- [Thomas Stretch](#)
- [Supine IT Band Stretch](#)
- [Supine Hamstrings Stretch](#)



You Should See a Medical Provider When You...

- Can't bear weight, or feel as if your knee is unstable.
- Have marked knee swelling.
- Are unable to fully extend or flex the knee.
- See an obvious deformity in your leg or knee.
- Have a fever in addition to redness, pain, and swelling in your knee.
- Have severe knee pain that is associated with an injury.



Ways to Alleviate Knee Pain

- Physical therapy
- Knee braces
- [Percussive therapy](#)

Percussive (also called percussion) massage uses rapid and repetitive pressure, combined with vibration therapy. The hand-held device's massage head moves quickly and forcefully, applying pressure directly to your soft tissue, while vibrations engage your outer layer of skin.

This [video](#) shows how use the massage gun to support knee health. Be sure to consult with your physical therapist or medical provider prior to use.

Ergonomic Tip

Keep your knees at a 90 degree angle while in a seated position, and avoid crossing your legs, which puts added strain on the knee joint.



Workshops/Resources

- [My Healthy Vermont Chronic Pain Management Workshops](#)
- [6 Ways To Save Your Knees](#)
- [Dos and Don'ts for Healthy Knees](#)



The information provided is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified medical healthcare professional prior to starting any new program or treatment, or with any questions you may have regarding a medical condition.
*By clicking on the links in this page, you may be directed to third-party sites. These links are provided for informational purposes only.

Questions?

Email BeWell@bcbsvt.com or [click here](#) for more information.



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