



Beaver Sports Medicine

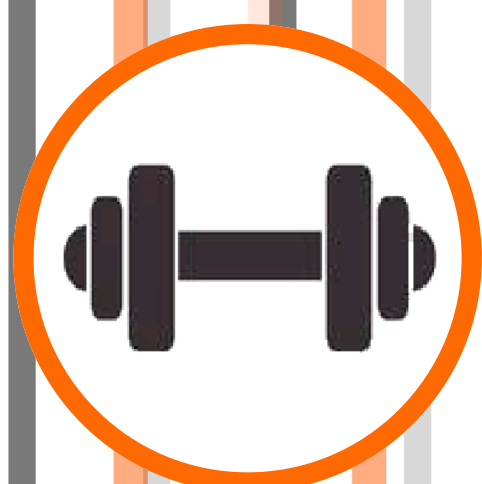
Servicing the Mid Valley's Orthopedic Sports Medicine Needs

Exercising and losing weight is very important to help with chronic knee pain.

Studies suggest carrying a few extra pounds can create added pressure on

joints causing further stress to your knees which will hinder your exercise routine.

Here are a few exercises you can do to lose weight without irritating your knees.



Strength training- helps build muscle which will burn more calories. Developing muscle also increases your body's ability to absorb shock to your joints. Some examples of exercises include lifting weights, using weight machines at the gym and resistance band training.



Water aerobics- being in the water reduces the impact on your joints that usually comes with exercise. Water also has a greater resistance factor than air, so you will work your muscles harder in the pool than on land. Water aerobics can be fun and you can add assistive equipment as needed using weight machines at the gym and resistance band training.



Biking- biking is a great cardio workout and is less impact than running. Biking also helps to improve ankle, knee, and hip range of motion.



Walking- make sure you wear supportive shoes and go for a walk! Walking is a great fat burning exercise. If you notice pain in your knees with this, switch to a softer surface such as grass or artificial turf.



Yoga- Yoga can help with weight loss as well as alleviating inflammation in your joints. Inflammation plays a central role in the pain and stiffness in arthritic joints. Yoga also focuses on muscle strength and flexibility which can also reduce knee pain.