

# Stay Healthy! Exercise Safely!

NOVEMBER 2017

To be successful today means retaining high energy levels at any age. Well, everything is possible with physical activity.

According to research, physically active people are 25% less likely to suffer from serious chronic diseases.



To stay healthy, spend at least 150 minutes a week doing moderate aerobic\* exercise

One potential issue with physical exercise is that it's often executed in the wrong manner, and knee pain is one of the first pains you may feel.

## Why do your knees hurt?

The main cause of «runner's knee», «athlete's knee» and other knee pains are **repetitive movements**. This pain is mainly stress related rather than associated with any kind of disease.

## Running

Anterior pain, meaning pain at the front of the knee, usually flares up at the end of a run and may even worsen the next day. It happens because of mistaken leg movement, resulting in the misalignment of the patellae, causing friction against the bone instead of the joint cartilage.

When this happens regularly (from the repetitive motion of running) it can lead to the **patellar cartilage damage or ligament inflammation**.

## Regular workload

If one muscles of the legs are strong and the others are weak, it provokes an **excessive load on the anterior part of the knee**. This causes a dull or acute pain that is worsened by long immobility, squats or walking the stairs.

## Test yourself!



Do a squat. If your knees turn inward, you may have weak hip abductor muscles (gluteus medius)

\*speed walking, swimming, cycling, cleaning etc.



## Anterior knee pain - Who is at risk?

- women
- runners, football players, skiers
- overweight individuals
- those with flat feet or club-foot

## WHAT CAN YOU DO TO RELIEVE KNEE PAIN?

### Consult your physician

If you have painful or cracking knees, consult your physician in order to exclude serious knee diseases or undiagnosed joint injury.



Be sure to contact your physician in case your knee is hot, swollen, reddened, deformed or hurts even at the slightest load!

### Drop some weight

Every 500 g add 2 kg per step that your knee has to bear.



If you are overweight and have knee issues, address the weight first

### Continue to workout

Regular workouts strengthen the knee joint muscles. Ask a coach to explain the right way to do basic exercises and run safely.



Avoid an excessive workload which provokes acute knee pain

### Warm up and stretch

Warm up your joints before the workout and have a nice stretch in the end.

### Change your cardio routine

If you have anterior knee pain, it's better to switch from running on the road to cycling or elliptical training.

### Get proper shoes

Use the shoes with a good arch support and amortization for sports.



Change your shoes every **480-800 km** or every **6-12 months**

### Use knee band straps

Those with cranky knees should consult their physician to choose knee bands or fix them with kinesio tape.

And remember, training should leave you feeling like a superhero, not limping to the medicine cabinet!

## Exercise and Stay Healthy!

This document is not intended to be taken as advice regarding any individual situation and should not be relied upon as such. The information contained herein is based on sources Marsh believes reliable, but Marsh makes no representation or warranty as to its accuracy. Neither Marsh nor its affiliates will be legally liable for any consequences of following the advices provided herein.

