

8 NATURAL WAYS

**TO STOP
KNEE PAIN
RUNNING YOUR LIFE
...WITHOUT PAINKILLERS,
SURGERY OR NEEDING TO
WEAR A BRACE**

REPORT BY ORSON WAJIH PT, MCSP

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About The Author Orson Wajih



Every week, for more than a decade, hundreds of people have consulted Orson Wajih **looking for answers to their concerns about Knee Problems** and to **know exactly what to do for a fast end to their Knee Pain and Stiffness**. Orson Wajih works with people aged 50+ on a daily basis. He is passionate about helping people understand and differentiate the facts from the myths surrounding knee pain. Helping them experience the natural resilience, health and strength of their bodies so that they can enjoy active and independent lifestyles.

Introduction

In this Special Report on **Knee Pain** I want to share with you **8 powerful strategies** that you can make work for you, some will give an almost instant improvement and some may take time to work.

To be honest, without me knowing your individual history it is not possible to say which will work the best for you. There's no guarantee that any single strategy will work for you. But over the last twelve years of helping people combined with an up to date understanding of the scientific research I have been able to identify **what does and does not work for easing knee pain**. I understand that there is a lot of confusing information out there regarding knee pain and some of it is simply out of date and wrong, but you can rely on this report to only provide science backed, up to date principles for you to try.

Imagine, how great would it be if you **tried just one of these tips every day?** You would then have some powerful strategies for easing your knee pain and taking back control of your health so you can get back to enjoying the active lifestyle that you have lost or are in danger of losing.

TAKE THE CHALLENGE: Now that you have this knowledge in your hands, try at least one of these strategies each day. Most of them will only take a few minutes and can easily be incorporated into your day. In fact you may find that being in less pain gives you more energy and concentration allowing you to be more effective with the important tasks of your day. I think you will be surprised by how much stronger and healthier you will be feeling after implementing these ideas.

Why Does Your Knee Hurt?

(Is It Knee Arthritis or Something Else?)

Your knee pain could be associated with arthritis if:

- Your knee feels especially stiff in the morning for 30 minutes after you get up, or it gets stiff after you have been sitting for a while
- It's been bothering you for months
- It came on gradually for no reason
- The pain can go away but then comes back again
- You are over 50 years old

However your knee pain may be associated with an injury to the soft tissue around the joint e.g the ligaments, muscles, meniscus, nerves if:

- The knee pain started suddenly after a particular incident or known injury
- It has been there less than 3 months.

If You Think You Have An Injury Rather Than Arthritis please read tip 8.

Knee Arthritis and the 'Bone on Bone' Myth

Are you worried by the result of a past x-ray or MRI scan? Is the **feeling that you have a 'bad' knee stopping you from living your life** or doing something you love?

Many people simply accept arthritis, knee pain and stiffness as a part of getting older. But we now know that **many people with no pain will have x-rays showing arthritis in their knees**. The severity of the changes on x-ray don't correlate with the level of pain.

If you have had an x-ray and then been **told that you have 'reduced joint space' or been told it's 'bone on bone'**- it is natural to be worried by this. However we

now know that your x-ray doesn't predict your outcome with knee osteoarthritis.

Our structure is not the only factor when we are in pain and may not be the most relevant. Successful resolution of pain comes from addressing multiple factors specific to each individual. Usually the structure doesn't need to change. **Many people have avoided surgery by following the advice in this report.**

It is important to know that surgery is not always the 'fix' people hope for. 20% of people who have knee replacement surgery are not happy with the result. If this is you and you are still having problems after a knee replacement then there are still things to do to help you.

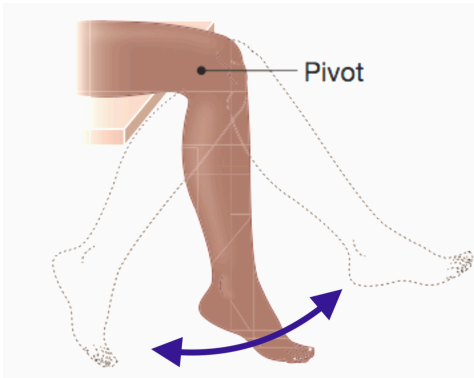
You may have an x-ray, which shows changes such as arthritis but this doesn't mean that you are destined to be in pain!

Please Read on for 8 Natural Ways to Stop Knee Pain - Without Painkillers, Surgery or Needing To Wear a Brace. So You Can Get Back To Enjoying An Active Life For Years To Come.

1. Movement to Give Relief From Pain & Stiffness

Try these movements if your knee is feeling stiff or painful.

Knee Swinging



Sit on high chair or solid table with the back of your thigh supported, and the lower leg hanging with the foot off the ground. Let your leg relax, feel its weight. Then gently swing the foot back and forth to bend the knee. Imagine a pendulum- give the leg a nudge at the beginning of each swing and then let it swing passively. 30-60 seconds.

Knee Bending and Straightening



Lie on your back. Gently bend your knee as far as you can - just pushing into tolerable discomfort and stiffness. Think about persuading your knee rather than forcing it. Hold this bend for three breaths then release.



Then do the same thing but this time straighten your knee for three breaths.

Repeat for 3 bends and 3 straightens in total.

2. Don't Just Rest - Keep Moving

Only resting the knee and hoping it will get better is not the solution to knee pain because when you start using it again you have done nothing to improve it. (See tip 4.)

You may notice that your knee feels stiff or painful in the morning when you first start using it or after sitting for long time.

If you are sitting for more than 20 minutes e.g. in the cinema or at a restaurant remember not to leave the knee in one position the whole time. Vary the position by changing the angle of bend in your knee every 15 minutes. If you have been sitting for more than 20 minutes then bend and straighten your knee 5-6 times before standing up.

3. What Kind Of Activity & Movement Is Helpful?

Movement and physical activity is important not just for your knee but for your overall health too. The recommended minimum amount of physical activity is 150 minutes a week of moderate cardiovascular exercise and 2 times a week doing some kind of strengthening exercise.

There are many ways we can get the movement that our bodies need to thrive. So consider what you personally prefer as well as your current physical ability. Find something enjoyable and meaningful to you. It doesn't need to be a drudge - if it can be playful or social then all the better. A good definition of play is it that it takes you out of time and place, and the experience of doing it is more important than the outcome. To identify the kind of physical play that could be most meaningful to you, think about what you enjoyed as a child and try connecting that to your life now e.g. In a group or on your own? Exploring nature? Playing with a dog? Involving a physical skill, sport or game? Dancing? Exploring your body moving against gravity like in tai chi, yoga? etc...

4. Exercise

Research shows that an individually tailored exercise program is the first line solution for knee arthritis. Despite the common understanding - **our bodies and joints don't just 'wear and tear' when we use them**, instead they respond to exercise by becoming stronger and more resilient. For example recreational runners develop less knee and hip arthritis than people who are sedentary. Below are some general exercises for you to try. **Tolerable discomfort during exercises is fine but please stop if they cause ongoing, increased pain. If you have any questions please feel free to contact me on 0207 235 3471**

i. Single Heel Raise for Calf Strength



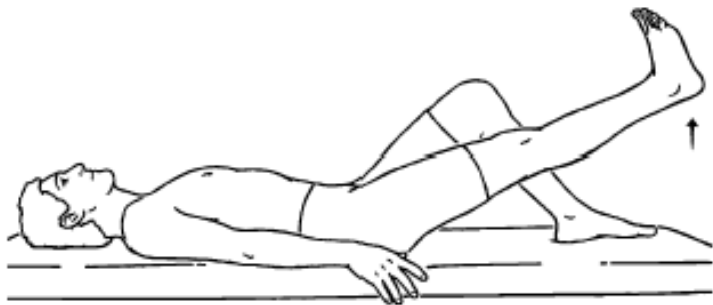
Stand near a wall, with a hand on it for balance only -do not use your arms to lift you up.

Stand on one leg only, keep the knee straight and raise the heel up. Keep the knee straight and feel the calf working. Count 3 on the way up 3 on the way back down. Repeat to fatigue i.e. as many as you can.

Note down what you can do:

Left _____ Right _____

ii. Straight Leg Raise to Improve Knee Strength



- Lie on your back with the painful knee straight and the other bent. On the painful leg firmly tense the muscles on the front of your thigh to brace the knee as straight as possible.
- Keeping the knee braced as straight as possible throughout, lift the whole leg so that your foot is about 3 feet off the floor. Hold for 3 breaths.
- Slowly** lower your leg keeping your knee braced straight throughout. Repeat to fatigue i.e. as many as you can.

Note down how many lifts & lowers you can do: Left _____ Right _____

iii. Sit to Stand for Whole Leg



Sit on a dining room chair with your feet and knees hip width apart.

Place your hands out in front of you. Stand and sit only using your legs and without using your arms to help push.

Keep your knees hip width apart as you move.



Avoid letting them fall in



Repeat to fatigue i.e. as many as you can.

Note down how many you can do: _____

5. A 10% Weight Loss Relieves Knee Arthritis Pain

If you are overweight, just a 10% weight loss can mean the difference between having a painful knee or a pain-free knee.

An overweight person is twice as likely to have knee pain as someone of a healthy weight - even if they both have exactly same knee arthritis. **(Remember you can have knee arthritis and no pain.)**

Most people can understand that reduced weight means less strain on the knee. But it's not just the extra weight on joints that increases pain. Fat is an active tissue that produces and releases biochemicals, many of which promote inflammation. This can lead to a persistent low level of inflammation in your body. This low level inflammation makes your body more sensitive - leading to knee pain.

A healthy BMI (Body Mass Index) for an adult is between 20 and 25.

To calculate your BMI you need to know your weight and your height. Then use an online BMI calculator and quickly find out your BMI.

Click the link below for a BMI calculator

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

6. What about Paracetamol or Glucosamine and Chondroitin Sulfate for Knee Arthritis?

It can be tempting to just reach for the painkillers but they are not a long term solution. They only mask the problem. Although painkillers can help during a flare up they don't show benefit in the long run.

There is strong scientific evidence that compared with placebo tablets, paracetamol resulted in little benefit at 12 weeks for people with hip or knee osteoarthritis.

Both Glucosamine and chondroitin sulfate alone or in combination are safe with no serious side effects, so worth trying. But the most up to date research shows there is strong scientific evidence these **popular joint supplements don't help most people.**

7. If you are having pain at night...

If you are finding it hard to get comfortable in bed try these tips:

- When sleeping on your side place a pillow between your knees.
- When on your back place a pillow under your knees.

8. Physiotherapy

The fastest way to get relief is to visit a physiotherapist. Seeing a hands on specialist physiotherapist means you will have a thorough assessment and **understanding of why your knee hurts and the best plan to get you back to moving normally again.** After the first physiotherapy appointment your concerns and questions will have been answered and you will know exactly what you need to do to get back to enjoying life. In most cases a MRI scan or X ray is not needed. Research shows that the best outcomes for knee pain are due to getting you moving again with a simple programme that is tailored to you and fits into your life. **Expert hands on treatment has been shown to quickly relieve pain while you recover.**

Combine the tips in this report that work for you plus a visit to see a hands on private physiotherapist to get you back to confidently enjoying life and all the activities that are important to you.

You can often leave a good physiotherapist with your concerns resolved, a clear plan and prognosis and physical pain reduced in less than an hour.

Many people I talk to have the belief that they need to visit their doctor first when they have knee pain. Physiotherapists are first line practitioners, which means that you can visit one directly and don't need a GP referral. **The quicker you can get a diagnosis and treatment the quicker you can get relief.**

Conclusion

Are you finding yourself with aches and pains in your knees? **You are NOT alone.**

Many people deal with knee pain or discomfort during their lifetime. **The problem is that most of them allow the problem to get worse before looking for a solution.**

We hope this information has given you some ideas of **how to stop your knee pain and avoid making it worse.**

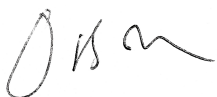
If you are currently dealing with knee pain, whether it is new or something nagging, we are more than happy to provide you with a **FREE phone consultation.**

It only requires a few minutes for us to get an idea of what might be causing your knee pain, and it doesn't require any bookings or appointments.

Click [**HERE**](#) to request a phone consultation.

Physiotherapists have extensive experience and success treating knee pain. We at Orson Wajih Physiotherapy are passionate about helping people alleviate knee pain so they can enjoy life to the utmost. There is obviously more I could go into regarding resolving your knee pain. In the weeks ahead **I'll be sending you even more tips and advice on how to restore your active lifestyle** and share with you how physiotherapy can make a difference in your life.

Dedicated to helping you move better and feel better,



Orson Wajih MCSP

Specialist Knee Pain Physiotherapist

Knightsbridge, London

Health Advice Disclaimer

I make every effort to ensure that I accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that I commonly see in my physiotherapy clinic. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physiotherapy advice and various other physical factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from Orson Wajih a Chartered Physiotherapist at Orson Wajih Physiotherapy. I am able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.