



Knee Pain Relief



MANUAL THERAPY

Physiotherapy provides effective relief for knee pain by focusing on restoring mobility and function. Manual therapy techniques are used to reduce pain, stiffness, and improve knee joint mobility.

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BUILDING STRENGTH

Strengthening exercises target the muscles surrounding your knee, providing better joint support and preventing further injuries. Stretching improves flexibility and reduces muscle tightness, enhancing knee movement.



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IMPROVING FLEXIBILITY

Posture and movement education helps you adopt better movement patterns, reducing strain on your knees during daily activities. These techniques aim to provide both immediate relief and long-term solutions.



SIMPLE QUAD SET

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For stronger knees, try this: Sit or lie down with your leg extended straight. Tighten your thigh muscle (quadriceps) and press your knee down toward the floor. Hold for 5–10 seconds, then relax. Repeat 10–15 times for each leg to strengthen the key muscle group supporting your knee joint.



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YOUR FIRST KNEE PAIN APPOINTMENT

During your first visit, your physiotherapist will assess your knee, identify the cause of pain, and create a personalized plan. Treatment may include hands-on therapy, exercises, and posture correction.

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MAINTAIN A HEALTHY WEIGHT

Excess weight puts additional stress on your knees, contributing to pain and discomfort. Maintaining a healthy weight can significantly reduce knee strain and improve joint health.



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WEAR SUPPORTIVE SHOES

Choose footwear with proper arch support to minimize knee strain, especially during physical activities. Supportive shoes promote better alignment and reduce the risk of injury.



PROLONGED ACTIVITY

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Alternating between sitting and standing helps prevent stiffness and discomfort in the knees. Regular movement keeps your joints flexible and reduces strain.



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