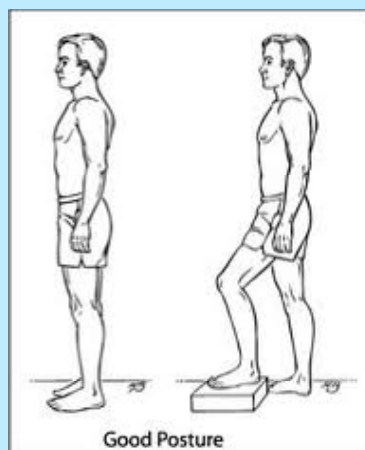


## Do's and Don'ts for Knee pain

### Do's :

- Do perform the prescribed exercises daily.
- Periodical weight check-up. Putting on more weight will put more strain on your knees.
- Bend at your knees with your back straight to pick up any object from the ground.
- Consider switching to sports shoes to reduce twisting stresses on the knees.

- Do weight shifts while standing in kitchen by using small step. One foot at step after 5 minutes change the leg and keep other foot on step.



**Don'ts :**

- **Avoid crossed knee sitting.**

**X**

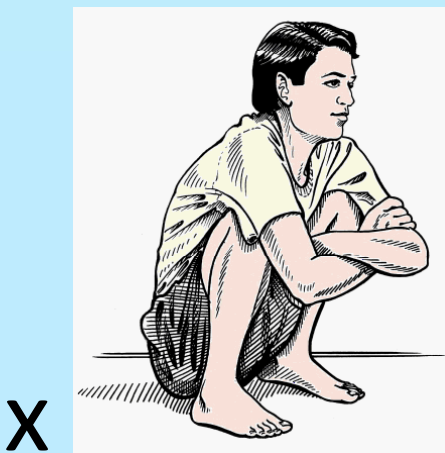


- **Avoid prolonged duration of activities, which strain the joints (gardening , prolonged standing , kneeling and squatting etc).**

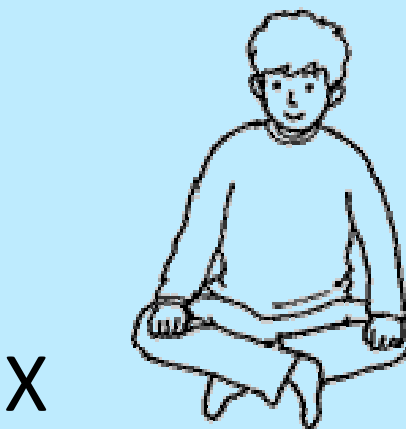
- **Avoid jerky movements.**
- **Avoid stairs.**
  - ❖ **Climbing stairs puts immense pressure on the knees. So it should be avoided at any cost. If your house has stairs plan your day in such a way that you climb stairs only once.**



➤ **Avoid squatting.**



➤ **Avoid cross leg sitting.**



➤ **Avoid treadmill.**



**X**