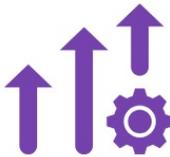


KNEE PAIN

WHAT TO KNOW

- 1 DO NOT PANIC!** Most knee pain has a very good prognosis and improves with the right combination of movement and strengthening.
- 2** Your knee is **designed to handle load and movement.** Exercise is **SAFE** for your knee and helps improve strength, tolerance, and function.
- 3** Activities like squatting, stairs, or running may feel sensitive, but that does not mean damage is occurring. Think: "SORE but SAFE."
- 4** Gradually increasing strength and activity helps the knee become more resilient over time.
- 5 CONSISTENT,** incremental increase in exercise can decrease pain and increase function even in the short-term!

WHAT TO DO

-  Experiment with what feels best. Cycling, walking, or strength exercises are often well tolerated.
-  Keep the knee moving. Gentle range-of-motion exercises help prevent stiffness.
-  Strengthen the surrounding muscles. Strong quadriceps, hamstrings, and hips help support the knee.
-  Modify activity when needed. Short-term adjustments may help manage symptoms while continuing to stay active.
-  Build activity gradually. Progressing slowly helps the knee adapt and become stronger.

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