



Physiologic<sup>®</sup>



TWO EASY STEPS TO A PAIN FREE KNEE

## **THE 2 EASY STEPS TO A PAIN FREE KNEE**

Pain felt in the front/sides or below the knee cap is a really common occurrence.  
It can be sharp, aching or a combination of these.

**Typically this type of pain can sometimes:** keep you awake at night, make it difficult to go up and down stairs, twinge when you stand up out of a chair and give you a tight feeling when you try and bend your knee.

**Consequences of this are:** limping, wasting of the important quads muscles in the top of your leg, swelling and frustration and annoyance that you aren't able to live life the way you should

The cause of this relates to irritability around the knee cap.

The irritability is usually a secondary effect of one or more of the following: poor muscle support, degeneration behind the knee cap, tightness in the surrounding soft tissues, overload on the knee cap from too much squatting/lunging type exercise

**GET OUT OF PAIN FAST WITH THE 2 EASY STEPS TO A PAIN FREE KNEE  
- GET BACK TO LIVING LIFE THE WAY YOU SHOULD !**

## STEP 1 – STATIONARY BIKE

Find yourself a stationary bike. If you don't have one there are some local places you can hire from for a reasonable price. – Visit <http://keepfithire.com/bikes.html> for more info.

Adjust the seat height so that the knee remains slightly bent at the bottom of the peddling stroke. If you have trouble bending the knee as it comes over the top of the peddling stroke you may want to start with half rotations first.

Peddle steadily and progressively increase your speed to a comfortable level. Don't add too much resistance to start with.

Continue for 15-20 min. Repeat again in the afternoon. You should not experience any pain when doing this! Continue to perform daily and consistently for the coming weeks.

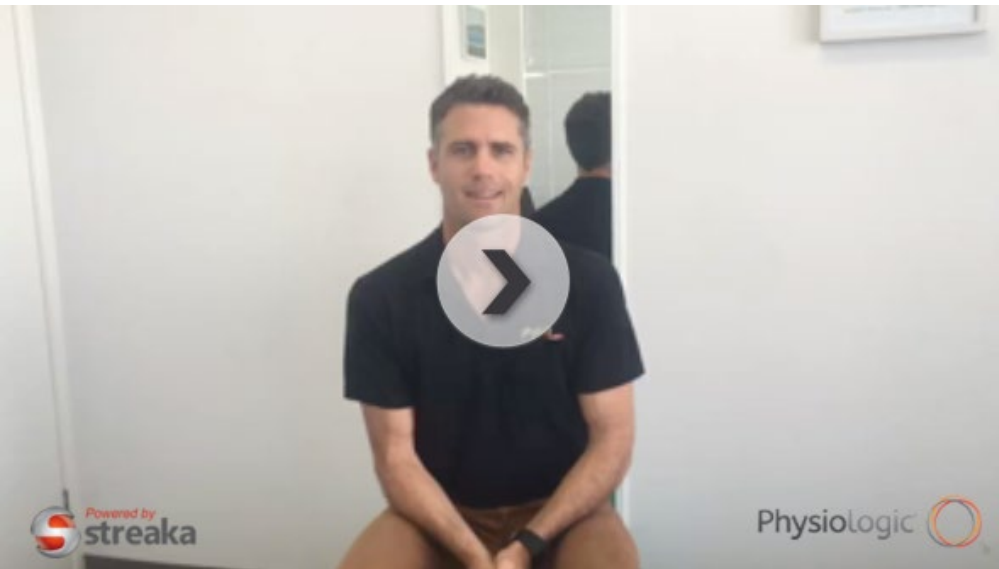
IF you feel comfortable with this – you may like to progress to doing some light spin classes at the gym



## **STEP TWO: QUADS ACTIVATION**

In Sitting:

- Place a small towel under your knee.
- Perform a thigh muscle clench. Do this by trying to squeeze the back of your knee onto the towel.
- Make sure you keep your heel at.
- Do not squeeze so hard that you illicit pain.
- Aim for 40-50 squeezes per day



[CLICK HERE FOR VIDEO](#)

## **“GET OUT OF PAIN FAST” EXPERT KNEE PAIN APPOINTMENT**

**We hope this guide has been useful for you...**

Additionally we are offering our “Get out of pain fast” expert knee pain appointment.

**JUST MENTION THIS EBOOK TO RECIEVE A 10% DISCOUNT ON THIS EXPERT SESSION**

In this expert session you will

- Discover what’s causing your knee pain, and the sort of relief you can expect to get
- Find out the best self management exercises to help keep your knee pain away for good
- Leave the session with the con dence of knowing exactly what to do to get relief from your knee pain
- Discover the number one thing that’s stopping you from getting relief of your knee pain

**Just give our friendly reception girls a call on 5578 7155 to book your appointment OR email at [admin@physiologic.com.au](mailto:admin@physiologic.com.au) for more info**