

How to Prevent Knee Pain

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Knee pain is one of the most common complaints I get from prospective clients. I encounter more and more people who complain of some kind of knee pain or even some more serious injuries.

The secret to protecting your knees against injury and pain is alignment.

It is very important to make sure your leg is well aligned from the hip joint all the way to the ankle. Always imagine a straight line from the middle of the hip bone through the center of the patella all the way to the middle toe.

The most common mistake is to let your knees knock inwards when you bend them. That means that you are not engaging your abductors (Outer thigh muscles). That is when you will more than likely start feeling pain on the inside of the knee.

You want to make sure that the center of your kneecap is always directly over your middle toe when you bend your knees. So if your feet are parallel with the toes facing straight forward, so should your knee, and the same goes if your feet are turned out - then your legs should be turned out at the same angle as your feet.

The best way to determine whether your alignment is correct, is to actually do your squats and lunges in front of a mirror. Pay attention to make sure the center of your knees are facing in the same direction as your middle toes.

The rule is - knees over middle toes!

If you can always make sure that you adhere to this rule, then chances of injury are very slim, and you are much less likely to experience any kind of discomfort or pain in your knees during physical activity.

In the Hot Burning Body Workout I pay a lot of attention to the alignment of your body so you can be sure to get the most benefit with the least chance of hurting yourself.

When your body is aligned properly you are working your muscles in the most efficient and safe way possible.

So remember, Always - Knees over middle toes!

Kind Regards

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