

## Daily Habits that Contribute to/Cause Knee Pain

1. Sitting with knee bent greater than 90 degrees (right angle):
  - a. Try sitting with knees extended periodically. Avoid the same postures day after day when sitting.



2. Standing with knees locked:
  - a. Try to have a slight bend to your knees when standing. Having one foot slightly in front of the other tends to promote bending the knees.



3. Leaning more on one leg (like parents when they place a baby or toddler on their hip).



4. Lying on side with knees pressed together. Try a small pillow between your knees.



5. Lying on back with knees straight:
  - a. Gradual overloading or stretching of knee. Use a pillow under your knees (same one that you use when on your side).



6. Lying on side with knee or knees bent to more than 90 degrees:
  - a. Gradual overloading or stretching of knee. Straighten knees intermittently or avoid position.



7. Inactivity.
  - a. No movement. Compare your movement as a child to adulthood. Just one reason adults develop knee pain. Movement is needed for increase blood flow and to promote the natural lubrication in your knee. Walking or biking - especially in nature.
8. No strengthening.
  - a. Allowing the knees and muscles around them to get weak. Follow Bob and Brad's *How to Strengthen an Arthritic or Painful Knee*.
9. Standing a prolonged period.
  - a. Every 30 minutes sit on chair. Move buttock to the forward edge. Pull knee and flex with a 5 second stretch (repeat 5 x each side).
10. Sitting a prolonged period.
  - a. Walk every 30 minutes (if possible) for a few minutes. Alternative-stand at standing desk (shallow squats, rise on toes, rise on heels).
11. Allow knees to get tight.
  - a. Sit prolonged and knees lose straightening ability. Never bend knees and lose bending ability.
12. Being overweight or carrying a heavy object (bag, purse, suitcase-avoid with knee pain).
  - a. Gradually strengthen knees to tolerate loads.