
MAKE KNEE PAIN
DISAPPEAR
OAKMONT FITNESS
EXCLUSIVE MEMBERS CLUB

AN INTRODUCTION TO KNEE PAIN

Knee pain is a common complaint, affecting young and old alike.

The pain can be as a result of an injury, medical condition and the location and severity of which may vary depending on the cause of the problem. Symptoms range from swelling, stiffness, warmth, weakness and instability, to popping, crunching and even the inability to straighten.

So, if you are ready to join the hundreds of clients we have helped rid themselves of knee pain simply carry on reading this eBook and try out the handy hints and tested tips and see for yourself how possible it is to rid yourself of knee pain once and for all.

BEFORE WE START, WHO ARE WE?

We are **Joe Matthews and Aivaras Bee**, health and fitness experts with over xx years in the industry.

We are passionate about using our training to help people improve their lives, one goal at a time. Over the past xx years we have noticed an increase in the number of clients coming to us with various degrees of knee pain.

IT HAS BECOME A BIT OF AN **EPIDEMIC.**

One by one, we have been able to lessen the pain, giving them again the freedom of being able to move without pain. This has allowed them to live their lives to the fullest, whilst giving us a great sense of achievement and making us hungry to help more people.

We have seen first-hand how debilitating knee pain can be, and how simple in most cases it is to cure. So do not suffer in silence any more, let's get proactive and address your pain.

Joe & Aivaras

OAKMONT FITNESS
EXCLUSIVE MEMBERS CLUB

GETTING TO KNOW THE KNEE

The knee is the largest and most complex joint in the body, keeping the thigh bone, shin bone, fibula and kneecap together.

The knee is a hinge joint, responsible for weight-bearing and movement and consisting of bones, meniscus, ligaments and tendons.

It is beautifully designed to fulfil a number of functions:

- supporting the body in an upright position
- provides stability and acts as a shock absorber
- allows twisting of the leg

The knee joint keeps the femur (thigh bone), tibia (shin bone) and patella (kneecap) in place. There are two types of cartilage within the knee, the meniscus which is a shock absorber, preventing the bones rubbing on each other and the articular cartilage on the femur, top of the tibia and the back of the patella that allows the bones to move over one another smoothly.

There are a number of ligaments within the knee, these tough fibrous tissues are like strong ropes connecting bones to other bones, promoting stability by preventing too much motion. The Anterior Cruciate Ligament (ACL) prevents the femur from sliding backwards on the tibia and the tibia from sliding forwards. The Posterior Cruciate Ligament (PCL) prevents the femur from sliding forwards on the tibia, or the tibia sliding backward on the femur. The Medial Collateral Ligament (MCL) prevents side-to-side movement of the femur, while the Lateral Collateral Ligament (LCL) prevents side-to-side movement of the femur.

Tendons are tough bands of soft tissue that provide stability by linking bone to muscle. The patella tendon covers the kneecap, running up the thigh and attaching to the quads.

The joint capsule is a membrane bag surrounding the knee, filled with synovial fluid lubricating and nourishing the joint. There are also 14 small fluid-filled sacs, reducing friction between the tissues of the knee.

Finally, there are the hamstrings and quadriceps. While muscles are not technically part of the knee they help it flex and bend. The glutes in the buttocks are also important when positioning the knee.

COMMON CAUSES OF KNEE PAIN 1

Knee injury can affect any of the ligaments, tendons or fluid-filled sacs (bursae) that surround your knee joint, as well as, the bones, cartilage and ligaments that form the joint itself. In short, there is no end of possibilities when it comes to the source of the pain.

Some of the more common knee injuries include:

1 SPRAINS AND STRAINS

These are injuries to the ligaments, usually the ACL and MCL. Often a pop or snap is heard before a swelling of the joint and tenderness along the joint line. The ACL is one of four ligaments that connect your shin bone to your thigh bone. It is particularly susceptible to sudden changes in direction, making it a common injury in people who play high contact, physical sports such as football, basketball and rugby.

2 FRACTURES

The bones in the knee are incredibly sturdy, although can be broken if high levels of pressure are applied. Certain conditions, such as osteoporosis, can weaken the bones enough that a knee fracture can occur simply by stepping wrongly.

3 TORN MENISCUS

The meniscus acts as a shock absorber, a tough rubbery cartilage between your shin and thigh bone. The meniscus can be easily torn if the knee is suddenly twisted.

4 PATELLAR TENDINITIS

Tendinitis is an irritation and inflammation of one or more tendons. Tendons are the thick fibrous tissues that attach muscle to bones; the patellar tendon connects the quadriceps muscle on the front of the thigh to the shin-bone. Patellar tendinitis is an injury common to runners, skiers, cyclists and those involved in sports that require a lot of jumping.

5 KNEE BURSITIS

The bursae are the small fluid sacs that cushion the outside of the knee so that tendons and ligaments glide smoothly over the joint. Certain injuries cause inflammation in the bursae.

COMMON CAUSES OF KNEE PAIN 2

There are also mechanical problems that can cause knee pain:

1 LOOSE BODY

Knee bone, or cartilage, can occasionally break off and float in the joint space as a result of injury or degeneration of the knee itself. The floating bone/cartilage will not necessarily create problems unless it interferes directly with the movement of the knee joint.

2 ILIOTIBIAL BAND SYNDROME

The iliotibial band is a tough band of tissue that extends from the outside of the hip to the outside of the knee. The band can become tight and then rub against the outer proportion of the femur creating the pain experienced. This is a common issue for distance runners and cyclists.

3 DISLOCATED KNEECAPS

The patella is the triangular bone that covers the front of your knee, if this becomes dislocated then it slips to the outside of your knee before going back into place. In some cases, the kneecap may stay displaced.

4 HIP OR FOOT PAIN

Hip and foot pain may cause a change in gait, to lessen the pain. This altered gait places stress on your knee joint, creating the pain.

5 MALTRACKING OF THE KNEECAP

Kneecap maltracking can result in patellofemoral pain syndrome, a pain that arises between the kneecap and thigh bone.

Arthritis is another key contributor to knee pain, in particular:

1. Osteoarthritis or degenerative arthritis which results from wear and tear of the cartilage.
2. Rheumatoid arthritis the most debilitating form of arthritis resulting from an autoimmune condition, which can vary in its severity.
3. Gout results from a build up in uric acid crystals within the knee joint, while pseudogout is caused by calcium containing crystals that develop in the joint fluid.
4. Septic arthritis causes quick and extensive damage to the knee cartilage, as a result of an infection that leads to swelling, pain and redness.

WHAT CAN I DO?

While certain causes of knee pain can only be managed and not treated, the majority are treatable which means there is no reason why you should not be living PAIN FREE.

TOP THREE CULPRITS OF KNEE PAIN:

1 FLEXIBILITY AND STRENGTH

When you are lacking in flexibility and strength, you increase the risk of knee injuries. It is as simple as that. What's nice, is that simple problems often have simple solutions and by stabilising your joint and improving muscle flexibility you can help achieve a full range of motion.

2 PAINFUL JOBS AND PASSIONS

There are obviously certain sports and activities that place greater strain on the knee joint than others, basketball is a perfect example where jumping places a huge amount of strain across the joint.

There are also jobs that create repetitive strain across the knee, occupations like farming, construction and fitness.

3 OVERWEIGHT

Being overweight places you at a much greater risk of suffering from knee pain, due to increasing the stress on your joints. As a result, everyday activities place huge amount of strain on the joints and can place the individual at increased risk of osteoarthritis by accelerating the breakdown of joint cartilage.

STRETCH AWAY THE SORENESS

Stretching can be a wonderful way of reducing knee pain and future injuries.

Follow this simple and quick stretching routine twice a day, as soon as you wake up and just before bed, and I promise you, within 21 days you will notice a huge difference.

1 STANDING CALF STRETCH

Face a wall, extend your arms to shoulder height and place your hands on the wall. Step the right leg forward with a slight bend at the knee. Keep your left leg straight, while moving your body into the stretch. Push down into your left leg, hold for 30 second before switching legs and repeating.

Repeat three times per leg.

2 LUNGING HIP FLEXOR STRETCH

Kneel on your left knee, keeping your left shin on the ground. Move your right leg back behind you. Lean forward stretching your hip toward the floor. Squeeze your bum to allow you to stretch your hip flexor more. Hold for 20 seconds to 2 minutes.

Do once on each side.

3 QUAD STRETCH

With left arm straight in front of you, bend your right knee and grab your right ankle with your right arm. Pull your leg up and back, keeping your torso and head aligned. Hold for 30 seconds then switch and repeat.

Do once on each side.

4 HAMSTRING STRETCH

Lie on your back, extend your right leg in front of you and bend your left leg. Wrap your arms around your left leg and pull it towards you before holding for 20 seconds, switching and repeat.

5 ILIOTIBIAL BAND STRETCH

Lie on your right side, keeping bottom knee bent. Lift your left knee slightly, grabbing your left ankle. Twist your bottom leg up, resting your ankle on your top knee and using it to pull your top knee to the floor. Hold for 30 seconds before switching sides and repeating.

6 SIDE LUNGE

Stand straight with feet far apart, moving your feet to a 45 degree angle, lunging deep to one side. You should feel a deep stretch in your thighs, holding for 30 seconds before switching.

7 BUTTERFLY

Sit on the ground and keep your torso and head up high. With the soles of your feet together, form a triangle in your legs dropping your knees to the side as far as you can. Then lean forward, keeping your torso and head aligned.

6 SIMPLE HACKS TO REMARKABLY REDUCE YOUR KNEE PAIN

HERE ARE SIX SIMPLE TRICKS TO DRASTICALLY REDUCE YOUR KNEE PAIN:

1 WATCH THE POUNDS

Maintain a healthy weight and your knees will thank you! Every extra pound places strain on your joints, increasing the risk of injuries and chances of developing osteoarthritis.

2 TONE AND CONDITION

If you are playing a sport that places increased strain on your knees, make sure you take time to condition your body and joints for it. Work with a coach to exercise appropriately for your sport, so that your movement and muscles are in the best shape they can be.

3 PRACTICE MAKES PERFECT

Movements need to be performed properly, whether they are set sporting moves or occupational requirements you need to be performing them the right way.

4 FLEXIBLE BODY

When it comes to joints, it is important to maintain flexibility. Tight muscles can contribute to injury, so stretching is always important and should be incorporated along with flexibility exercises into your workouts.

5 STAY STRONG

Weak muscles are the leading cause of knee injuries, so you need to build your quads and hamstrings in order to support your knees. The best way of doing this, is by improving your balance and stability. A great way of keeping your leg muscles strong is using stairs, riding a stationary bicycle, or working out with weights.

6 BE SMART, NOT STUPID, WHEN IT COMES TO EXERCISE

If you have recurring injuries, chronic knee pain, or a medical condition that effects your knees, you need to start being smart when it comes to exercise. Switch sports, try swimming or aqua aerobics which help support your joints while you exercise, or yoga and other low-impact activities.

SUCCESS STORIES

FINALLY...

Ridding yourself of knee pain can be a life changing experience, this eBook will help you start this journey however you will need more help as you embark on a series of life-style changes to ensure the knee pain never comes back.

THIS IS WHERE A COACH IS KEY.

As professional fitness coaches we have helped hundreds of people just like you rid themselves of knee pain.

If you want any help then please contact us.

PLEASE GET IN TOUCH FOR MORE GREAT FITNESS ADVICE

01392 300875

support@oakmontfitness.club

www.oakmontfitness.club

OAKMONT FITNESS

EXCLUSIVE MEMBERS CLUB