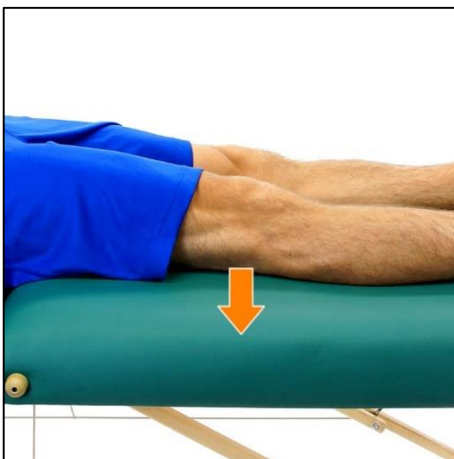
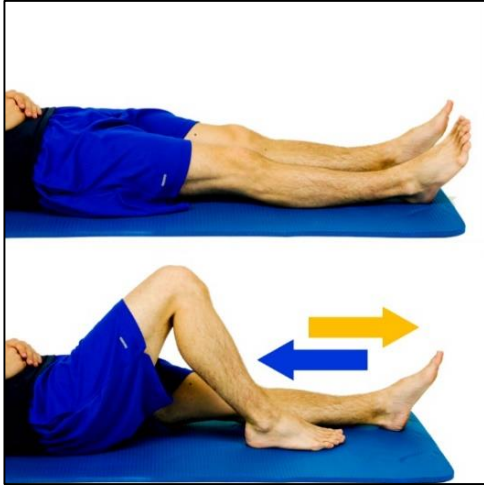


7 Safe Tips to Decrease Knee Pain

1. Ice packs on the knee
2. Ace bandage, follow instructions below
<https://www.youtube.com/watch?v=0gcFHn2JxXU>
3. Apply a knee brace with support on both the inside and outside of knee
4. **Most importantly:** Move the knee as much as possible, if you cannot tolerate walking, perform in sitting or lying position
5. These exercises should help:



Tighten your top thigh muscle as your attempt to press the back of your knee downward towards the table. Perform 25 reps and hold each 3 seconds, 3 sets per day.



Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee. Perform 20 reps twice per day.



While seated in a chair, straighten leg until knee is locked. Perform 20 reps twice per day.

6. If you cannot bear weight for 3 steps without severe pain, **contact us.**

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7. If you can squat to the ground and stand on one leg, you should be able to resume previous activities

If the pain returns or doesn't go away we can
help!

Set up a FREE phone consultation
100% no risk money back guarantee on
evaluation

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