



# 7 TIPS TO HELP HIP AND KNEE PAIN WITHOUT HAVING TO TAKE PAINKILLERS

GUIDE BY CARL NEAL



# ABOUT THE AUTHOR

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**Carl is an experienced physiotherapist who founded Weymouth Physiotherapy in 2018.**

For close to a decade people have consulted with him, hoping to find answers on solving their hip and knee problems. He has a passion to get people not only free from pain but also living the life how they want to live, without restrictions.

He honed his skills in the NHS where he saw a high volume of patients and now has crossed the boundary to work within the private sector. He wants to expand his reach and help ever higher number of patients who want to get better and in control of their symptoms.

In this special report, Carl shares with you 7 powerful tips that can help solve your hip and / or knee pain. He tells us that many times his patients have told him that they have been confused with the vast and often conflicting information that is out there. He hopes this gives you clarity.

Sometimes small changes can have a big effect. Whether you put one or two of these strategies in place or all of them we are sure they can help you. Many people who have back pain are fearful of losing their active life and these things can really help. You just have to decide what to start with.

# 7 TIPS TO HELP HIP AND KNEE PAIN

## 1. Move more

It is important when we have pain in these areas that we don't get stiff. Stiff joints by their very nature become painful joints. Regularly moving in a pain free range of movement will keep things more mobile and joints, tendons and ligaments happier. If it is stiff or restricted then consider stretching although if it is severely painful do not be too aggressive with this

## 2. Use natural pain relief

Don't underestimate the power of natural pain relief. By this I mean the use of hot water bottles, wheat bags, cold compresses, creams etc. Now this doesn't work for all but for many it can be a really efficient way of getting relief from pain and if this allows you to move better and more frequently then it is only going to help in your recovery.

## 3. Worry Less

We know from the evidence that one of the highest predictors of whether pain persists is worry. Commonly people are anxious about what is causing their pain, worried about causing further damage or making it worse or concerned about how it will be in the future.

Part of our job is to alleviate these worries. Rarely is there something serious wrong and often with the right treatment things can get better. You can get back to enjoying things that you can't currently and you can avoid becoming more and more limited with it.

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## 4. Consider doing some strength exercises

Strength training has a huge part to play in both hip and knee problems. Pain often leads to weakness and weakness can then feed in to pain and disability. Focus on the glutes (bottom muscles) and quads (thigh muscles). They have been shown to help a wide range of hip and knee problems.

It does not have to involve weights, a simple sit to stand from a chair works both muscle groups well and can be adapted to make it more or less challenging. For a specific rehab program for your condition get in contact and arrange to see us.

## 5. Become more active

One of the consequences of pain is that over time we become less active. Things that we found easy before become more challenging. It is important to stay or get more active in order to stop this decline. As a bonus we know exercise and activity release good chemicals and turn on our natural pain relieving systems.

It is important to finding the balance between not doing enough and doing too much. Once you find an amount of activity you can tolerate look to build very slowly from there. We can help come up with more specific plans to help you become more active based on your goals.

## 6. Lose weight

If you are overweight then losing weight will be one of the best things you can do for hip and knee problems. A recent study showed a 10% loss in body weight led to a 50% reduction in symptoms of people with osteoarthritic knees. It can be hugely powerful.

We recognise that losing weight can be a challenge for most people. Think about your intake and how you can change but equally think about how much activity you do in a day this can have a huge impact.

# 7 TIPS TO HELP HIP AND KNEE PAIN

## **7. Come and see us**

Nothing beats coming in to see us at Weymouth Physiotherapy. We can listen to your story, and then assess you to work out the exact root cause of the problem. We will then come up with a customised treatment plan to get you living life as you want to. You will be presented with options as to what your care looks like be it interventions within the clinic or things that you need to work on at home.

## **Conclusion**

These tips will hopefully enable you to better manage your hip and / or knee pain. You may not be able to put them all in to place right away however even if you put one or two in to action you will hopefully see some effects. For some this may be small, for others it may be a much larger effect.

If you need some guidance on how to put them in to action and to get fully back in control of your pain then please do not hesitate to contact us. We offer free telephone consultations where we discuss your condition and can talk about ways in which we could help. This gives you an opportunity as well to ask any questions.

Alternatively, we also offer free taster sessions. This is similar to the telephone consultations only you are able to come down to the clinic and discuss things in person. Please note however this is not treatment it is just an opportunity to discuss any concerns you have. You can apply for this on the website or just send us an email.

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