**Are treadmills bad for knees?**

Yes! Sometimes treadmills are bad for your knees. A treadmill can put more stress on your knees, when you are running or jogging on a treadmill. If you increased the speed of your treadmill, then there will be a high risk to get pressure on your knees. And that is why you may face increased pain and irritation on your knee joint. By the way, if you use a treadmill carefully then it will not hurt you a lot.

Give attention to your treadmill while you running. Try to listen to the sounds of your feet when they strike the treadmill. Your feet should be quiet and quick. Make sure your feet avoid over-striding or not. And your feet should strike directly underneath your hip.

If you are a treadmill user then don’t get upset after reading this. It is not bad news for you. By following some tips it can still enjoyable and effective workout for you. At first, you should take it slow when walking on a treadmill. This is really a smart way and you can understand it gradually. You can then up your speed when you think that there is no problem. This is really a healthier way.

Give focus on longer and slower runs when you are training on a treadmill. And also avoid your aim for your personal best pace. Believe me, it will help you to get natural health and can reduce your knee issues.

There is another tip for you while walking or running slowly on your treadmill, keep your eyes closed and let your hands hover over the rails. This can remain you steady yourself. And it also helps you remain concentrate. With proper concentration, your body will find the pace. And that pace works best for you.