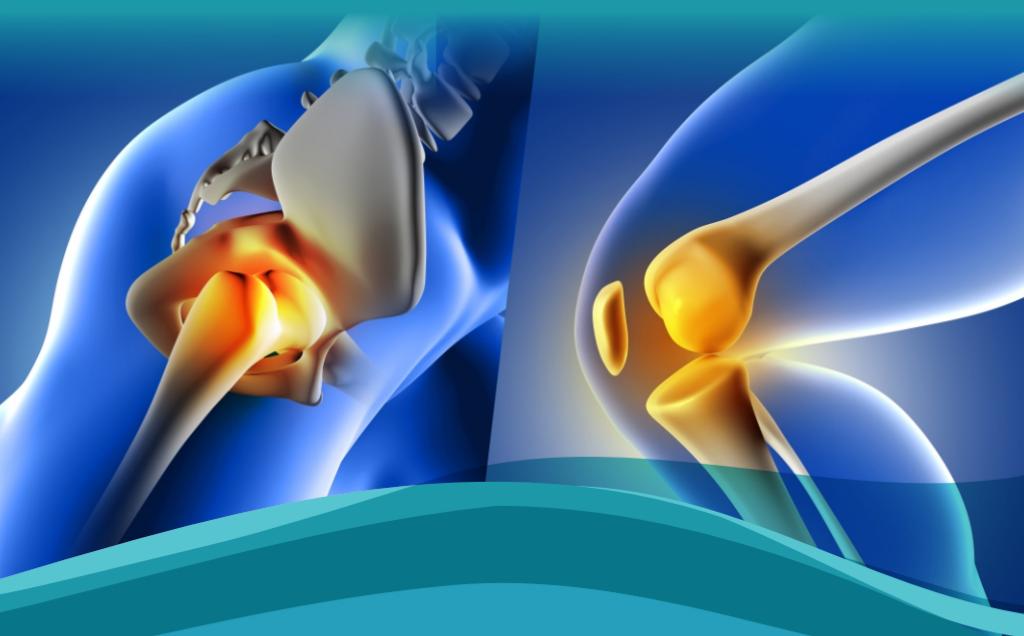




EFFECTIVE WAYS TO REDUCE HIP AND KNEE PAIN



WITHOUT PAIN MEDS AND UNPLEASANT SIDE EFFECTS

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ABOUT THE AUTHOR

ADRIANA L. RAMÍREZ BONILLA

Adriana received her Physical Therapy degree from Universidad Nacional de Colombia and holds a three year Master degree in Acupuncture and Traditional Chinese Medicine from Five Branches University in California.

She has over 20 years of professional experience treating Orthopedic and Sport injuries in Colombia and in the United States. Her successful approach to rehabilitation and wellness integrating Eastern and Western modalities to treat the body, mind and soul has earned the trust and loyalty of thousands of people whose life has been positively impacted in more than one way.

Adriana herself, has experienced pain and functional limitations because of it which has taken her through an on going path of curious enquiry and self-healing. Her own injuries have offered her insights to the nuances her very same patients deal with and how to address them from direct experience.

She has worked with athletes, weekend warriors, competitive dancers, swimmers, football players, military and police population, professionals from every field, technicians, mothers and housewives; people from all ethnicities, age and gender groups.



INTRODUCTION

For the nagging and debilitating hip and knee pain I have compiled **6 natural, easy, free tips** to start applying and **feeling better today.**

They include some Physical Therapy based and some Traditional Chinese Medicine based recommendations. These tips will help reduce your pain and educate you about how to effectively address this issue so it doesn't continue to limit you and keep you from the lifestyle you want to live.

These tips are general and without me knowing you or your medical history in detail, I cannot guarantee that you'll be completely pain free but they are a good start point.

We humans are complex and so are the mechanisms our body builds to cope with pain and dysfunction. Specific individualized strategies tailored to your specific condition and goals must be designed by a Physical Therapist for full recovery.

Over the last few years, I've been able to narrow down what really does and doesn't work when it comes to pain and finding the fastest route possible back to being pain free and to a lifestyle that's empowering and fulfilling.



LOSE WEIGHT

Excess weight puts extra stress to the joints in your body and speeds up the natural aging process, called arthritis.

Losing weight is a recommendation for cardiovascular health, joint health and good health in general.

It requires to reduce caloric intake and to increase your level of physical activity.

While losing weight you could do cardiovascular exercise (30 minutes or more to burn fat) at moderate exercise intensity on a stationary bike or swimming since these activities are non weight bearing and put minimal stress on the joints of your lower extremity, hence they won't hurt.





KEEP ACTIVE

"MOTION IS LOTION"

The more you move you're lubricating your joints which is a natural mechanism to protect them and to prevent stiffness.

It's better to move a few minutes several times throughout the day than moving one hour a day and then forgetting about it.

Avoid high impact activities (running, jumping, soccer, basketball).

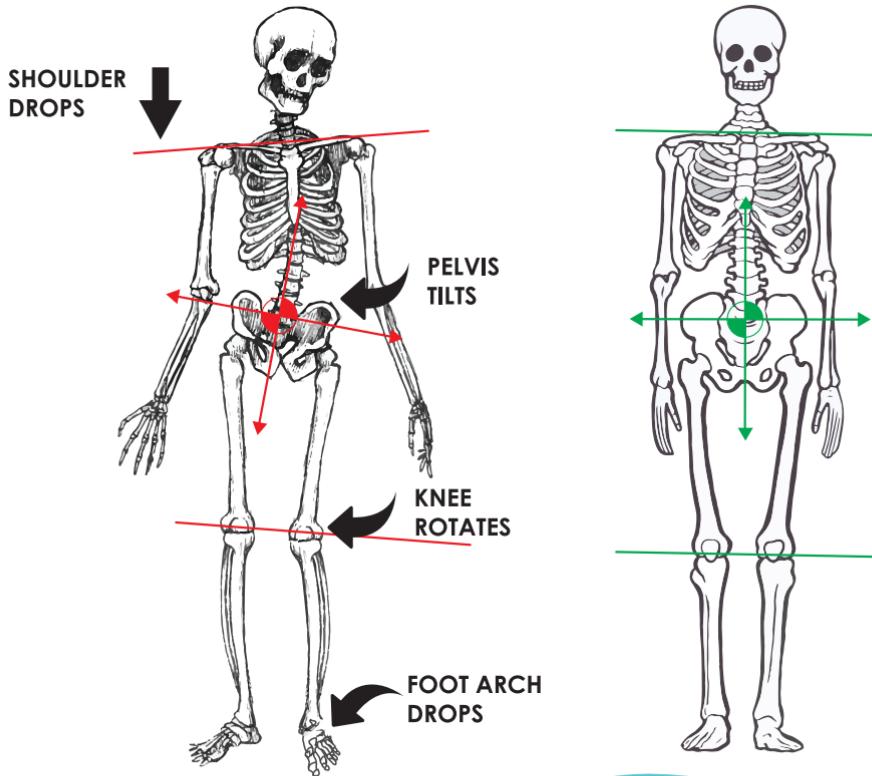




WEAR COMFORTABLE SHOES

WITH ARCH SUPPORTS

If the foundation (your feet) pronate, meaning you lose your foot arch while standing, the joints throughout your whole lower extremity are misaligned and you could have pain in any joint in your lower extremity or your back.





AVOID SITTING

IN AWKWARD POSITIONS





ICE OR HEAT??

If you've had pain for more than 5 days apply a warm heating pad on your knees for only 15 min/day.

PRICE only if you had an injury in the last 48 hours.

Protect The injured area from further injury, for example by wearing a brace.

Rest from activities that cause pain (this doesn't mean to stay in bed or sitting all day long as this will create stiffness and muscle weakness)

Ice

Compression (wear an ace bandage to reduce swelling)

Elevation



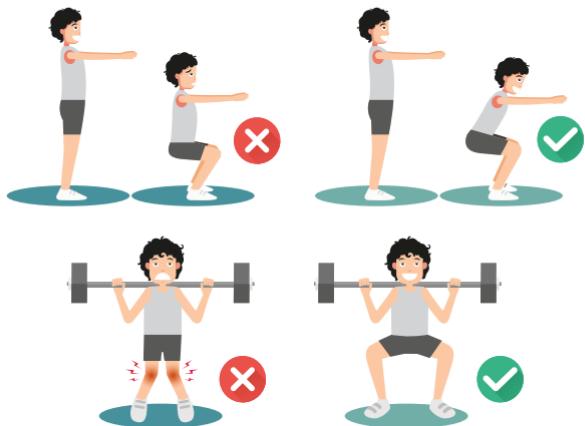
SEEK HELP FROM

A PHYSICAL THERAPIST

Pain has multiple causes and is a complex issue.

The location of your pain, your age, constitution, how long you have had the pain, the type of job you do, your recreational activities, the biomechanics of your body, history of trauma/accidents and prior surgeries are variables that an expert need to consider all together to be able diagnose and treat your pain.

You can't get it right on your own by "googling it"



TYPES OF KNEE PAIN



ANTERIOR
POSTERIOR
LATERAL
MEDIAL



CONCLUSION

These are some basic **tips to start** taking care of your achy knees and hips.

There's obviously much more to it, and I could go much more in-depth on ways to address the root cause of your hip and knee problem and get rid of the pain for good.

Pain is only the tip of the iceberg and there are underlying factors such as muscle, joint, disc and nerve problems, weak musculature, poor posture, poor body mechanics and environmental factors that might be at the root of your condition.

Fortunately, most cases can greatly improve with the help of Physical Therapy and acupuncture and only a few cases will require surgery when other treatments have failed.



HEALTH ADVICE DISCLAIMER

I make every effort to ensure that I accurately represent the injury advice and prognosis displayed throughout this guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in the Physiotherapy clinics.

The information given is not intended as representations of every individual's potential injury.

As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, type of exercise performed, posture, motivation to follow physiotherapy advice and various other physical factors.



It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination by a licensed Physical Therapist.

I am able to offer you this service at a standard charge.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury.

No guarantees of specific results are expressly made or implied in this report.



For more information or advice about your specific condition please contact me directly:



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