



Everyone can keep their knees feeling healthier.



Help fight knee pain with regular movement.

Knee joint pain is a common injury, but if you think giving your knees a rest is helping, you might want to think again. Too much rest can weaken your muscles, which can actually worsen the pain.* Through regular exercise, you can learn to combat knee pain and prevent injuries. In some cases, it's even possible to prevent knee problems or avoid the need for knee replacement surgery later in life.

Getting started and staying safe.

Not sure where to begin? Here are four tips to help you move forward. You also can talk with your doctor or a physical therapist about the exercises and activities that will be best for you.



Get going.

Suggestions for starting include exercises that build muscle in your quadriceps and hamstrings, as well as activities such as walking, yoga, swimming and cycling. If anything starts to cause pain, stop and consider making a change.



Watch your form.

If you aren't sure how to properly warm up, perform an exercise or use a weight machine at the gym, consult a trainer to help prevent potential injury or pain.



Practice prevention.

Losing even a small amount of weight can help prevent knee problems because it reduces the amount of stress on your knees. Exercise and a nutritious diet can help, but don't feel pressured to reach an "ideal" weight.



Pay attention to pain.

If you already have knee pain, some things can make it worse. Avoid high-impact exercises that involve running and jumping, as well as activities that require squatting or standing on hard surfaces.

WebMD. "11 Knee Pain Dos and Don'ts." <https://www.webmd.com/pain-management/knee-pain/knee-pain-dos-and-donts>. Page last reviewed December 18, 2020.

WebMD. "Knee Pain Not Inevitable as You Age." <https://www.webmd.com/healthy-aging/features/knee-pain-aging>. Page last reviewed March 19, 2021.