

## Relieve Knee pain with Yoga

The knee joints the **femur and tibia** bones of human body. It is very important joint as it supports the entire weight of the body as well as accepts and transfers the **biomechanical load between the femur, tibia, patella and fibula bones**. The knee joint is one of the complex joints of the human body. There are a lot of chances of getting it injured.

Most common risk factor for knee pain are old age, obesity, knee injuries because of hyperextension , misalignment of knee, inappropriate way of doing exercise, tight muscles, wrong way of standing-sitting or because of combination of above factors etc.

### **Tips to prevent Knee injuries:**

- ❖ Avoid activities that stress knees, such as deep knee bends or downhill running.
- ❖ Stretch before and after physical exercise, sports, or recreational activities to warm up your muscles.
- ❖ Use the correct techniques or positions during activities to avoid strain
- ❖ Wear shoes with good arch supports.

### **Yogic approach:**

- ❖ The benefit with yoga is that it helps to strengthen both the inner and outer quadriceps, which helps to keep the kneecap in alignment.
- ❖ It strengthens the quadriceps, the hamstrings, the calves and the ankles- all fairly consistently. Strength in these areas all help to support a weak knee.
- ❖ Yoga increase in blood flow and nourishment that it sends to the surrounding joints and ligaments of knee.

### **Hamstring stretch:**



- ❖ Lie on back in a doorway, with one leg through the open door.
- ❖ Slide the leg up the wall to straighten the knee, a gentle stretch down the back of leg. Hold the stretch for at least 15 to 30 seconds.
- ❖ Do not arch the back.
- ❖ Do not bend either knee.
- ❖ Repeat with your other leg.
- ❖ Do 2 to 4 times for each leg.

**Note:**

- ❖ It is important to practice yoga with caution.
- ❖ Yoga postures that are done incorrectly can actually injure the knee.