

KNEE INFORMATION

Ahh... the dreaded knees... a common "troublesome" area for many people in many exercise arenas. Please note the following suggestions, especially being one who also over the many years of exercising has to deal with the "knees".

1) Supplements:

Are you taking glucosamine/chondroitin/msm yet? If not, you may want to research. I can't live without it. I'm not telling you to take it, I try not to push any supplement; however, I certainly feel a difference when I DON'T take it because I run out of it. The purpose of the supplement is to help you build more cartilage in the knee that has been worn down over the years. It'll take some time, but most people feel a difference that's worthwhile. Unfortunately, capsule form (vs. liquid) does take longer to assimilate into the system. I suggest a liquid version such as U-Triton Joint Repair found at Vitamin Shoppe.

At the below website you can find explanations of the benefits of glucosamine, chondroitin & msm. It's important to know what you're taking if you decide to supplement. These supplements have helped many people with joint pain, including myself. I take daily myself. I used to have tremendous pain in the knees to the point of having to ice them and no longer suffer from worn down cartilage. It helps all the joints -- vertebrae, hips, ankles, etc. not just the knees.

www.wholehealthmd.com - search under reference library and then supplements:

glucosamine
chondroitin
msm

2) Moves to Avoid and to Watch:

In class I suggest avoiding any "quick" or "fast" pivoting or twisting on the knee. Either do the move much slower than shown or in comparison to another class member. Remember, no big deal if you have to modify the move... rather I commend you for doing it. Also, re: squats and lunges, take the body down 1/4 of the way versus the common 1/2 way down. Knees must not go over the ankle in a lunge and knees must not go over the toes in a squat. Many times squat & lunge *form* contribute to knee pain. I'll be more than happy to evaluate your form if you ask me before or after class.

One other note: when dancing within zumba - the knees always need to be bent at least 10 degrees; and at no time should a move cause 1/2 the body's weight to go one way while the opposite knee is facing the other direction or even straight ahead. In other words, if my right knee is facing left, so should my left knee. If my right knee is facing right, so should my left knee. All knees should face in the same direction to avoid injury.

3) Pain Management:

Lastly, listed below are the customary pain mgmt/injury mgmt procedures in particular when you have a "knee" flare-up:

R.I.C.E. injury mgmt procedures:

R - rest (avoid any direct usage of the knee i.e., bending excessively or exercising until inflammation goes down)

I - ice (to bring down the inflammation) -- especially after any unavoidable use

C - compression (ace bandage it) -- to prevent any further microscopic tears

E - elevation (elevate the leg above heart level to drain the fluids from the knee - prop on some large pillows)

Also when not icing it, you also can soak the knee (body) in a warm to hot EPSOM salt bath (yep, if you have TIME). The magnesium in the Epsom salt will draw out the toxins at that injured site and the warm water will accelerate blood flow to repair the damage. Epsom salt is a miracle healer people don't realize is available.

You can also apply a topical ointment like arnica gel, muscle rub, Ben gay, etc. to also accelerate blood flow to the knee and speed up repair of ligaments in the knee.
