

5 WAYS TO STOP ANNOYING, IRRITATING **KNEE PAIN**

**Without injections or surgery...
even if you have knee arthritis
or your knee make crunching
or popping sounds**

By Dr. Dave Candy More  **Life**

About the Author:

Dr. Dave Candy, PT, DPT, OCS, ATC, FAAOMPT



Every day, people consult Dr. Dave Candy looking for answers to questions about knee pain and many other types of chronic pain. Dr. Candy is St. Louis's leading expert in helping women 40 years and above overcome chronic aches and pains that have failed to resolve despite having other treatments including traditional physical therapy, chiropractic, injections, or even surgery. Dr. Candy believes in taking a whole-person approach to treating pain that takes into account each patient's specific needs, goals, and values. He takes time to truly listen and analyze the problem in order to get to the root cause of the pain and help patients improve their health, energy level, and quality of life.

Dr. Candy created this e-book called “**5 WAYS TO STOP ANNOYING, IRRITATING KNEE PAIN**” because knowledge is power, and just putting into action some of the tips in this ebook can start you off on the path to recovery.

Dr. Candy received his Bachelor's in Rehabilitation Science from the University of Pittsburgh in 2005 and his Doctor of Physical Therapy degree from the University of Pittsburgh in 2008. In 2012, he graduated from a two-and-a-half year fellowship program in orthopaedic manual physical therapy through the Manual Therapy Institute. In 2015, he completed a certification in trigger point dry needling through Myopain Seminars, which has greatly helped his ability to help people dealing with chronic aches and pains. Dr. Candy is a Board-Certified Specialist in Orthopaedic Physical Therapy and a Certified Athletic Trainer. He is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists and a member of the American Physical Therapy Association. Dr. Candy owns **More 4 Life** in St. Louis, MO, where he helps patients overcome chronic aches and pains naturally without medications, injections, or surgery so they can stay active, mobile, & healthy to get more out of life!



More Active · Less Painful · Happier · Healthier

Introduction

In this special report, “**5 WAYS TO STOP ANNOYING, IRRITATING KNEE PAIN**”, I share with you common questions about knee pain that I see here in the office every day. You’ll learn both **types of knee pain** and common **mistakes** by those who have **knee pain** leading to an inability to move normally and a poor quality of life. After reading this if you still have questions, please feel free to reach out to us, and we’re happy to answer any questions you have. Enjoy!

Sincerely,

Dr. Dave Candy, PT, DPT, OCS, ATC, FAAOMPT

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5 Ways To Stop Knee Pain During Daily Activities

#1: Knee Pain While Sitting

Complaining of knee pain while sitting is unfortunately very common. It's also known as "movie-goers knee." The complaint of pain is most often located in the front of the knee right around the kneecap. It can be due to several reasons: the front of the thigh muscles (quadriceps) are too stiff, and when you sit with your knee bent for long periods, it compresses the underside of the kneecap on the thigh bone. If you do have **knee arthritis**, or some wearing down or softening of the cartilage on the underside of the kneecap (called "**chondromalacia**"). Other possible reasons for pain while sitting can be nerve pain, patella tendonitis/tendinopathy, bursitis, muscular pain, or after a fall – a bone bruise. What is **MOST IMPORTANT** though is not the particular structure that is causing the pain, but the **REASON** that that structure is hurting... in this case most commonly that the quadriceps are stiff. You can get *short term relief* by keeping the knee a little straighter when sitting to take some tension off the stiff muscles, and by stretching the quadriceps muscles so they are not so stiff (see picture below).



However, ***what caused the quadriceps to get worse in the first place?***

That is what we refer to as the **ROOT CAUSE**, and that is what we look for at More 4 Life. Not the cause of the pain, not the cause of the cause of the pain, but the cause of the cause of the cause of the pain. By going several layers deeper, we are able to help people who haven't been able to be helped by other doctors, physical therapists, chiropractors, massage therapists, etc.

Try sitting with your knee less bent and doing the stretch above. If that doesn't help you relieve your **Knee Pain While Sitting** you can request a **FREE DISCOVERY VISIT** to find the root cause of your knee pain by calling **314-941-3970**, or visiting **<https://m4lpt.com/discovery-visit/>**

#2: Knee Pain While Walking Up & Down Stairs

Having knee pain while walking up & down the stairs is very disruptive and, when very painful - scary. If you already have knee pain, going up & down stairs is a painful chore - one you often try to avoid.

The reasons for this pain may be different if you only have pain going up & down stairs. The possible causes and reasons for knee pain while going up & down stairs are weak musculature, incorrect movement patterns, stiff muscles, or just nerves that are really irritable. The **MOST IMPORTANT** thing to know is that rarely the **root cause** of the pain is ever actually the knee itself. Poor flexibility in the ankle joint, calf muscles, thigh muscles, hip joint, or hip muscles often are the biggest factors. Weakness of the hip / buttock muscles can also be a big cause. These factors cause you to move in **abnormal movement patterns** that put abnormal stresses on the knee. Improving flexibility and strength of the correct muscles can help, but learning how to fix those abnormal movement patterns during everyday tasks, such as going up & down stairs, is the only way to get long term relief so that the pain doesn't keep coming back. Try the stretches below. If those don't take care of the problem, then give us a call at **314-941-3970** and we're happy to help!



#3: Knee Pain While Getting Up From Sitting

Knee pain while getting up from a seated position is very similar to knee pain while walking up & down stairs. If you haven't read that section yet, please do. Instead of being a split leg position like when going up & down stairs, your feet and legs are side-by-side. Your hips, knees, and ankles are more bent when seated than when climbing stairs, thus needing more muscle force to help lift your body up. **However, small changes in your technique can make a big difference!**

In general, you want to scoot to the front edge of the chair and bend your knees so that your feet are as close to you as possible. Lean forward and get your "nose over your toes" so that your weight moves onto your feet and your bottom starts to lift up from the chair. Straighten your knees so that your bottom raises up, and... **here's the kicker...** *you actually want to put your head and shoulders DOWN closer to the floor in order to lift your hips UP.* Then once your knees are straight, roll your pelvis underneath of you keeping your head and shoulders tucked until you are almost all the way upright. Even though this seems really strange, it will help you get up from a chair with minimal effort **AND** little to no knee pain! If it doesn't, give us a call at **314-941-3970**, and we'd be happy to set up an in-office appointment to examine you on an individual basis to find out what is causing **YOU** to have knee pain when standing up from a chair!

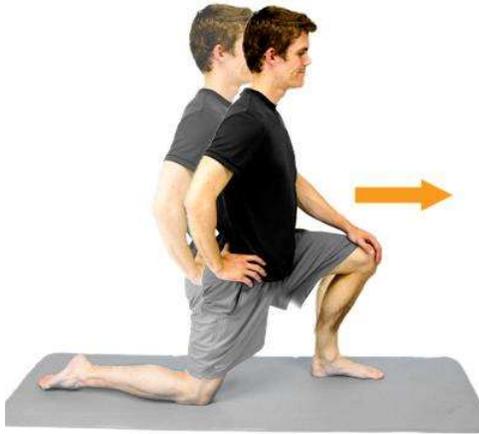
A way to unload and possibly decrease knee pain while getting up from a seated position is to lean forward enough to get your knees over your toes.

#4: Knee Pain While Driving

Knee pain while driving or stiffness when getting out of the car can be frustrating. It's very similar to knee pain while sitting (see above) except you have the difficulty of not being able to change your body position or move as much. Because of the limited motion, the knee remains stationary in a bent position, with the kneecap compressed against the thigh bone. If it's just a short drive, it may be OK, but for longer drives this lack of movement can start to create pain and stiffness.

Here are some tips decrease knee pain during or after driving:

- Scoot your seat backward and/or raise the height of the seat so that your knee doesn't have to bend as much
- Position your hip in a neutral position with your knee neither pointed too far out nor too far in.
- Use cruise control when you're able to.
- Plan time for rest stops every 2-3 hours on long car trips.
- Make sure your thighs muscles (quadriceps) are flexible enough. Your kneecap sits inside your quadriceps tendon, and if your quadriceps are too stiff, the kneecap will compress against your thigh bone if the muscles are too stiff. Here are examples of stretches that help with stiff quadriceps muscles:



An individual assessment of your posture as well as an ergonomic assessment of how YOUR vehicle is set up to fit YOUR body is crucial to fully address knee pain while driving. At More 4 Life, when patients have pain while driving, we frequently walk out to their vehicles with them at the end of their session to make sure their seat and steering wheel are adjusted correctly. Plus, if getting in or out of the car is an issue, we will address how to get in and out of the car without knee pain as well. You can request a postural and ergonomic assessment to help with knee pain while driving by calling **314-941-3970** or by visiting <https://M4LPT.com/inquire/> and requesting an appointment.

#5: Knee Pain While Walking

Knee pain while walking is one of the most irritating pains to have. Walking is fundamental to our lives. Walking and being able to get up from sitting without assistance is vital for us to keep our independence. But when we lose our ability to walk, we feel our vulnerability the most.

Possible reasons you may have knee pain while walking are poor joint mobility, muscle weakness, muscle stiffness, nerve irritation/compression, poor foot mechanics, and/or incorrect movement habits. If you've had knee pain for longer than 2 weeks, you should get it evaluated by a physical therapist who is skilled in gait evaluation. Seeing a physical therapist to address the pain quickly results in quicker improvements in pain and function, and it takes fewer overall visits to achieve the same outcome, thus costing less overall (in both time and money) than if you had waited longer to "see if it will go away" before seeking care. *Want a risk-free way to find out what's causing your knee pain and stop it before it gets worse?* Request at **FREE Discovery Visit** at <https://M4LPT.com/discovery-visit/> or call **314-941-3970**.



Take Home Message:

Are you frustrated by pain in your knees that keeps you from living your life to its highest potential? **You are not alone!** Most people deal with knee pain or discomfort at some point during their lifetime. **The problem is that most of them allow the problem to get worse before looking for a solution.**

We hope this information has helped you to understand your pain better as well as given you some ideas of how to ease your knee pain. If you are currently dealing with knee pain, whether it is new or something nagging, we are more than happy to provide you with a **FREE phone consultation.**

It only requires a few minutes for us to get an idea of what might be causing your knee pain, and it doesn't require booking an appointment. Request a **FREE PHONE CONSULTATION** by visiting <https://M4LPT.com/phone-request/> , or you can give us a call right now at **314-941-3970.**

At More 4 Life, we are passionate about helping people get out of pain and restore their quality of life. **In the weeks ahead I'll be sending you even more tips and advice on how to overcome your pain and improve your health, energy level, and quality of life!**

Sincerely,
Dr. Dave Candy, PT, DPT, OCS, ATC, FAAOMPT
Owner, More 4 Life

Health Advice Disclaimer

- This guide is intended for instruction and informational purposes only.
- The author is not responsible for any harm or injury that may result.
- Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury.
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