

Jeff Tucker's 10 Tips For Preventing Knee Pain

- 1. Warm up thoroughly before any exercise.** Make sure the warmup includes some aerobic activity, some static stretching, some dynamic stretching, and some sport-specific drills.
- 2. Stretch the hamstrings, calves, quads and iliotibial band on a daily basis.** Tightness in these muscles will often have an effect on how the patella tracks and centers.
- 3. Get a regular muscle therapy session.** It could be a sports massage session. It could be some deep muscle stimulation, stick work or foam roller work. We want to keep the muscles relaxed and loose by breaking down scar tissue or trigger points.
- 4. Reduce road running.** Running on softer surfaces such as grass or sand will help reduce the stress put through the knees. When running on the same portion of road or the same direction on the track all the time, switch directions.
- 5. Strengthen the quadriceps muscle.** Concentrate on the VMO especially, because the fibers of the vastus medialis are important in controlling the patellar tracking.
- 6. Make sure to do a postural analysis as well as a gait analysis.** Look at arm swing. Look at stride length. Look at dorsiflexion.

Knee pain is so often associated with abnormal foot biomechanics. Typically, we'll see pronation, or a high Q angle, and increased rotation of the femur. Orthotics or some type of corrective exercise program may need to be prescribed to help the problem.
- 7. Strengthen the hip abductors and external rotators.** Concentrate on the glutes and the deep hip muscles to help prevent internal thigh rotation and the knee falling inward when the person walks or runs.
- 8. Introduce hill running into the training.** Hill running is an excellent way to increase aerobic capacity, but it's also great for strengthening the hamstrings, quads, calves and the gluteal muscles.

9. Avoid sudden increases in training. As a rule, never increase weekly mileage more than 10%. This can cause fatigue and cause poor technique.

10. If your client starts to feel knee pain when running or walking, stop the training immediately and apply cold therapy. Get this checked out as soon as possible.