

7 Ways To Stop Chronic & Daily

KNEE PAIN




EL PASO
MANUAL PHYSICAL THERAPY

**Avoid injections, prevent surgery, and
stop taking pain medications.**

By Leading USA Physical Therapist, Dr. David Middaugh, PT, DPT, FAAOMPT

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About The Author

Dr. David graduated from Jefferson High School in 2004. He then attended the University of Texas at Austin through 2007 on a full-ride scholarship completing a 4 year degree in 3.5 years. He then went on to complete a doctorate in physical therapy at Texas State University - San Marcos in 2011. Dr. David then completed a unique fellowship/ residency training in 2015.



Less than 1% of physical therapists in the nation have completed this level of specialization. Having only been a PT for a little over a decade, this gives Dr. David the skills and knowledge of an expert clinician that has practiced for 30+ years.

Dr. David founded El Paso Manual Physical Therapy with the intent of helping people avoid surgery, get off pain medication and keep up an active lifestyle. In 2019, Dr. David started posting regularly to YouTube and has since then seen the EPMPT channel grow to over 250,000 subscribers. He continues to use the platform to share expert tips, advice, and exercises to people all around the world.

Introduction

Hey there!

Thank you for downloading “7 Simple Ways to Stop Chronic and Daily Knee Pain.”

In this special guide for ending knee pain, I share with you very powerful principles and strategies you can make work for you!

They’re in no particular order but they all have only one thing in common: **They work.**

Truth is, without knowing your knee pain or your history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause of your knee pain, there are no guarantees that any one single strategies will work.

What you are about to read are tips and strategies that I’ve compiled through my intense years of study and busy years of practicing.

I’ve worked hard for my clients to blend the latest research with the most practical use. I’ve been able to narrow down what really does and doesn’t work when it comes to fixing knee pain.

Enjoy the tips!

Tip #1 - Avoid Wearing High Heels

Wearing high heels will increase the pressure through your knees by about 25 times.

Get in some nice, cushioned flat shoes for a while and you can immediately take that pressure off your knees.

Imagine how much relief you'd feel if you could take that type of stress off your knee joint right now?

But understand that it's a cumulative effect.

This pressure builds up from wearing the wrong footwear over a period of weeks or years and results in a weak and stiff knee joint somewhere around the age of 40-45.



Tip #2 Avoid Sitting with Your Knees Bent for More Than 20 Minutes at a Time

There's so much gossip that surrounds knee pain.

You and I were not designed to sit. It goes against every basic, and fundamental rule of the way we're originally created as humans.

When you sit at a desk or a chair with your knees bent underneath, you're stretching ligaments and muscles. In turn you are adding lots of compression to your knee cartilage and placing your knee in a position that is unnatural.

Limit the amount of time sitting and keep your knees straight when ever possible.



Tip #3 - Be Selective of Where You Walk

Most people don't know it, but being selective of the surface that you walk on is another way to ease knee pain.

For example, walking on hard, uneven and "gravelly" surfaces is going to make your knee pain worse.

Contrast that with walking on grass or on the sand, and you'll suffer LESS because the surface is so much softer and kinder to ALL your joints.

Even walking on a treadmill is nicer and healthier than any hard concrete or pavement type surface.



Tip #4 - Avoid Sitting With Legs Crossed

Your knee joint isn't designed to twist or turn, and sitting in a cross-legged position is doing just that.

In this position, your joints are twisted and your muscles stretched. You're more vulnerable to injury.



Spending an excess of time in this position will catch up on you, usually at ages 40-60 in the form of unwanted noises like clicking and cracking. More swelling than other people that age is possible too!

Tip #5 - Sleep With a Pillow Between Your Knees

This might be difficult at first, but if you can keep doing it each night, it lowers the amount of rotation and twisting happening at your knee joint.

Remember I said in principle number 4 that it was important to avoid crossing your legs?

Well it's the same when you're asleep.

If you sleep on your side, try using a pillow between your legs to keep your knee joint aligned.



Tip #6 - Wear Comfortable Shoes

Bizarre choices of footwear include high heels, sandals, flip-flops and thin-soled style shoes.



Why bizarre?

Because they're all proven to ADD to your knee pain.

This is because there's a lack of cushioning to absorb shock with these types of shoes.

Your knee joint has to take all of the impact every time your foot lands on the floor. Which by the way, is not good for your hips either!

If you can absorb some of the shock by wearing nice, soft, and well fitted cushioned shoes, then you could reduce your knee pain by as much as 20-25%.



Tip #7 - Start Talking to a Physical Therapist

There isn't a faster way to END knee pain than by going to see a physical therapist.

Getting to see a hands-on specialist PT means you're going to get very fast access to care that will soothe and relax those tight aching muscles, loosen and lubricate stiff knee joints, and strengthen your body so that you can go back to doing the things that you love.

You can often leave a good physical therapist with concerns eased and physical pain reduced within 30-40 minutes.

Combine all of the "tips" in this special report with a trip to see a "hands on" physical therapist, and you will see a dramatic reduction in the knee pain and stiffness you are currently suffering from.



Bonus Section

Daily Lower Back Pain Rituals

This “tip” is linked closely to going to seeing a good physical therapist. You want to be sure that any exercises you are doing are right for you and that they will work to help your SPECIFIC problem.

Also, YES the title does say back exercises – it’s because the strength of your lower back dictates the “pounding” that your knees will take each time you go for a walk or run.

If you can get into routine of doing simple stretches and strengthening of your lower back muscles, you will benefit right through your 40s, 50s, 60s and beyond.

In the same way that you brush your teeth twice per day to keep them clean and avoid pain, you need to look at working on your back in a similar way. Especially if you are in the 40-60 age bracket where your muscles lose strength and flexibility.



Avoid Carrying Your Backpack or Bag on One Arm or One Hand

For this you're going to need to completely flip everything you've likely done for years when it comes to carrying bags.

This one is a very common mistake. Carrying a work bag or even shopping bag over one shoulder, means that the weight is not evenly distributed and the result is one side of your body is under more pressure than the other.



Guess what happens to the side of your body carrying the extra weight all these years?



If you carry that bag over you right shoulder all the time you could end up with a curvature of your spine. This would mean that your right side is working too hard by taking the weight of the bag everyday in comparison to your left side.

This would cause tension and pain! Not to mention it would also cause a funny and unhealthy looking posture. It could even be the reason why you walk with a limp!

Regular Exercise

This is the tried and true solution for all kinds of problems. The key is finding the **right exercise** that works for your knees.

Biking or cycling is #1 on my list of the most important things that anyone can do to begin to relieve and prevent knee pain.

Incase you were wondering how much cycling to do, 3-4 times per week for 10-20 minutes at a time is a perfect place to start.

Be sure to take your time and keep the resistance low. If you're on an outdoor bike try to avoid hills. 9 times out of 10, this will feel **great** on achy knees.

If you find that it makes your knee pain worse however, then your problem is likely more serious. It's urgent that you seek help from a knee expert to have the best chance at avoiding knee surgery.



Stretch at the Beginning and End of Every Day

Another daily ritual that will transform your health along with regular exercise, yoga is a must!

Especially if you're in the 40-60 age bracket, everyday you wake up your body is tightening and losing flexibility.

You must do something to reverse it or at very least slow it down.



And it's yoga that you need to find fast. It's a series of stretches designed to make your body more supple and more flexible!



Stay Hydrated

This is the BIG office worker mistake that could be zapping your energy.

One really simple way to avoid this is to cut out the stuff that makes you dehydrated in the first place.

Things like excessive coffee, tea, alcohol and energy drinks will make you dehydrated as a consequence of drinking too much of them.

Being dehydrated can cause muscle aches, fatigue and dizziness.

It's important that you keep your water intake up in an attempt to ease off any extra or unwanted tension in your lower back, hips, and thighs.

Try to drink 5-7 (20 oz.) full water bottles each day.

Some people prefer to chug it down all at once and some would rather sip it slowly throughout day. Either way works as long as you drink 5-7 water bottles.



Online Programs

I have created some amazing online programs that are easy to follow, step-by-step programs that will walk you through expert advice, stretches, and exercises all geared towards helping you improve and maintain a healthy back!

The best part is that you receive LIFETIME ACCESS to these programs and are able to access them from your phone, tablet, laptop and even your TV.

Here are our current programs available for knee pain:

28- Day Knee Health & Wellness Boost Program

Enroll now: www.epmanualphysicaltherapy.com/knee-health

Designed for people with concerns about their back health and is specifically designed to help people keep their knees healthy so that they have the best chance at avoiding surgery, injections, or have to rely on pain medications in the future.

Knee Arthritis Recovery Program

Enroll now: epmanualphysicaltherapy.com/knee-arthritis-recovery-program

Designed to teach you exactly what to do at the 4 different phases of knee osteoarthritis.

Knee Meniscus Recovery Program

Enroll now: www.epmanualphysicaltherapy.com/meniscus-recovery

Designed to teach you exactly what to do at each of the 4 different phases of meniscus healing.

Virtual Consultation

Did you know you can request a virtual visit with our clinic? Ask questions, get coaching, and receive feedback to make sure you're doing your exercises correctly. You can even discuss your X-rays, MRI, or CT scan with us.

You can meet with me, Dr. David, or with one of our specialists.

Learn more about how you can schedule your appointment here:
www.epmanualphysicaltherapy.com/virtual-visit/

Hope to talk to you soon!

Conclusion

So, there you have it: 7 things that you can do TODAY to keep active, improve mobility, posture, general health, and live with LESS knee pain!

There's obviously so much you can do too, and I could go much more in-depth on ways to end knee pain. However, the principles I've given you here, are fundamental and if you apply them rigorously they will make a huge difference to the quality of your life.

Through this report I wanted to prove to you that there ARE many things you can do to get the ROOT CAUSE of knee pain, and stop it before it stops you!

I hope this is the beginning of a great, long-term relationship where El Paso Manual Physical Therapy become the source of leading edge health advice for you and makes a real difference to the quality and enjoyment of your life.

Your partner in healthcare,



Dr. David Middaugh, PT, DPT, FAAOMPT

Knee Expert

Fellowship Trained Manual Therapist



Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and information displayed throughout this guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy practice. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from El Paso Manual Therapy, PLLC.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this ebook.