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SIMPLE EXERCISES FOR KNEE PAIN



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Specialist Orthopaedic Surgeon

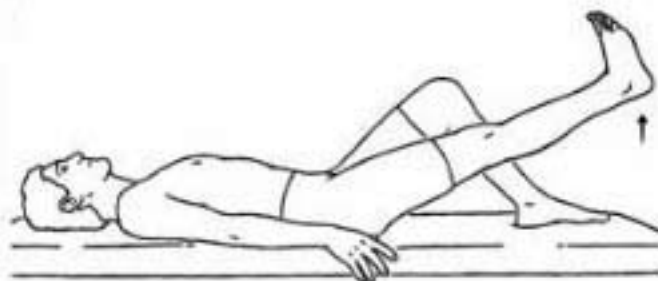


Exercises For Knee Pain

Strengthening Exercises

Warm up with 5-10 minutes of low impact activity, like walking or cycling, before doing these exercises

Straight-Leg Lift



You should feel this exercise mostly in the front of your thigh.

Lie on your back with one leg bent and the other straight. Tighten the thigh muscles in your straight leg and slowly lift it until it is about a foot off the floor. Hold it for 3 to 5 seconds. Slowly lower your leg to the floor. Repeat and switch sides.

Do: Keep your upper body relaxed and tighten your stomach muscles to keep your low back flat against the floor.

Do not: Arch your back. Do not lift your leg too high with a jerking motion.



Exercises For Knee Pain

Hamstring Curls



You should feel this exercise at the back of your thigh.

Hold on to the back of a chair for balance. Plant your weight onto your supporting leg. Lift the other foot and bring the heel up toward your buttocks. Hold for 3 to 5 seconds. Slowly lower your leg. Repeat and switch sides.

Do: Keep your knees close together.

Do not: Lock the knee of your supporting leg. Do not bring your heel up past a 90 degree angle.



Exercises For Knee Pain

Knee Stabilization Exercises



You will feel these exercises on all sides of your thigh, your hip and buttocks.

Hold onto the back of a chair for balance. Slightly lift one leg. Plant your weight on your supporting leg. Tighten your thigh muscles in your lifted leg and slowly move it in the direction shown. Hold for 3 to 5 seconds. Slowly return to start and repeat. Turn your body 90 degrees to begin the next exercise in the series.

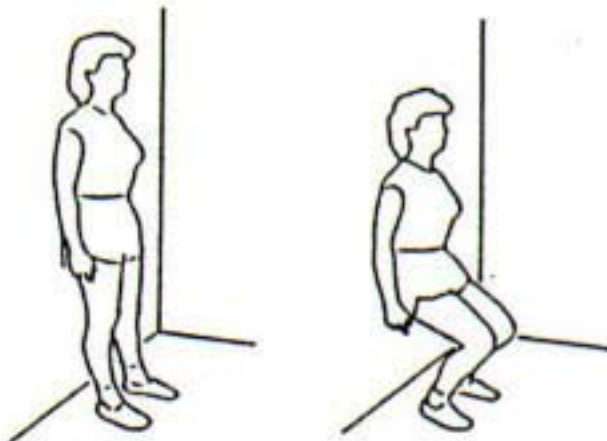
Do: Focus on your supporting leg. It is working just as hard as the moving leg.

Do not: Lock the knee of your supporting leg. Do not arch your back or lean to either side during these exercises.



Exercises For Knee Pain

Wall Squat



You should feel this exercise mostly in the front of your thighs.

Stand with your head, back, and hips against a wall. Step your feet out about 2 feet from the wall, hipwidth apart.

Slowly slide down the wall until you are almost in a sitting position. Hold for 5 to 10 seconds, then slowly slide up.

Repeat.

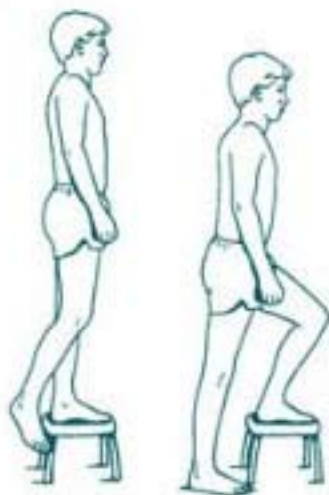
Do: Keep your abdominal muscles tight. Hold the position longer as you get stronger.

Do not: Slide your hips down lower than your knees. Do not let your knees move forward over your toes.



Exercises For Knee Pain

Step Ups



You should feel this exercise in the front and back of your thigh, your hip, and buttocks.

Use a 6-inch high stool or platform. Step one foot onto the platform. Lift your other foot off the floor, letting it hang loosely off the platform. Try to hold for 3 to 5 seconds. Slowly lower your hanging foot to the floor, then bring your stepping foot down. Repeat and switch sides.

Do: Make sure when you step up that your whole foot is on the platform.

Do not: Lock the knee that is stepping on the platform.



Exercises For Knee Pain

Stretching Exercises

Quadricep Stretch



You should feel this stretch in the front of your thigh.

Hold on to a wall or the back of a chair for balance. Lift one foot and bring your heel up toward your buttocks. Grasp your ankle with your hand and pull your heel closer to your body. Hold the stretch for 30 seconds.

Do: Keep your knees close together. Stop bringing your heel closer when you feel the stretch.

Do not: Arch or twist your back.



Exercises For Knee Pain

Stretching Exercises

Hamstring Stretch



You should feel this stretch at the back of your thighs and behind your knees.

Sit up tall with both legs extended straight in front of you. Your feet are neutral — not pointed or flexed. Place your palms on the floor and slide your hands toward your ankles. Hold for 30 seconds.

Do: Keep your chest open and back long. Reach from your hips. Stop sliding your palms forward when you feel the stretch.

Do not: Round your back or try to bring your nose to your knees. Do not lock your knees.



**If Pain Persists,
Call : 98 363 656 32**

**Or email to Doctor:
santdr@gmail.com**



About Dr.Santosh Kumar



MBS (JIPMER), D ORTH (JIPMER), MCh ORTH (SCYCHELLS)

Head - Department of Computer Assisted Joint Replacement Surgery : BELLE VUE CLINIC
JOINT REPLACEMENT SURGEON, ARTHRITIS FOUNDATION, INDIA

Subspecialty - Knee Joint- Total Knee Replacement, Knee Arthroscopy

Fellowship in Joint Replacement, Max Hospital, New Delhi

TRAINED IN COMPUTER ASSISTED JOINT REPLACEMENT FROM AUSTRIA

Trained in Revision Knee and Hip Replacements

Trained in Complex Joint Replacement from the DELTA FOUNDATION of AUSTRALIA

INTRODUCTION

Dr Santosh Kumar and his team are leading knee specialists in Kolkata. He is one of the best doctors in knee replacement today. Knee replacements are routine in Kolkata (Calcutta) today and Dr Santosh Kumar has been instrumental in raising international quality knee surgery affordable to the mass.

HIS LONG EXPERIENCE OF MORE THAN TWO THOUSAND KNEE REPLACEMENTS



EDUCATION

MBS - from Jawahar Institute of Post Graduate Medical Education and Research (JIPMER), Pondicherry (Directorate General of Health Services, Govt of India from 2006 to 2007)
DORNB (D) in Department of Orthopaedics, JIPMER from April 2005 to June 2005

POST GRADUATION

D ORTH from Jawahar Institute of Post Graduate Medical Education and Research (JIPMER), Pondicherry (Directorate General of Health Services, Govt of India from 30n April to 31st March 2006)

BONE BANK (JIPMER)

in charge bone bank JIPMER from April 2004 to March 2006 TRAINING COURSE on use of ADVANCED TRAINING ON SUPPORT at CMC Vellore January 2006
Clinical Research Fellow in Orthopaedic Oncology at JIPMER Hospital from April 2005 to June 2006

RESEARCH ORTHOPEDICS

While time registrar in Orthopaedics at Muruganayya Orthopaedic and Related Research Centre (MRC), Maraypur, Kolkata - 200 from 31st July 2005 to 31st June 2007

MCh ORTH

Passed MCh ORTH from the University of Seychelles American Institute of Medicine, March 2008

MCh Thesis - a study into the controversial aspects of immobilizing nail of femur

TRAINING

DELTA COURSE for advanced aspects of complex primary and revision knee replacement at Delta Hospital, New Delhi in year, 2009

FELLOWSHIP IN KNEE REPLACEMENT in Max Hospital, New Delhi from year, 2008 with Dr. S.K.S. Murty for total of 60 knee replacement surgeries
NO SURVIVAL Training in knee by July 2008

NO TRAINING Training 8th to 10th Oct, 2008, Gurgaon

DELTA COURSE for Advanced Aspects of Complex Primary and Revision knee Replacement, at Delta Hospital, Hyderabad in Nov, 2009

Revision joint replacement course in Jan 2010 Kolkata

Trained in complex joint replacements, at Bangalore Jan 2010 by DEPUY Institute at Bangalore

Trained in revision joint replacements by DEPUY Institute at Chennai, June 2010

Medtronic Academy course in cervical spine in October 2010

Trained in computer assisted knee replacement, at Fortis, Chandigarh in Jan 2010

NO advanced trauma course in March 2010 at Kolkata

TRAINING (continued) ..

Trained in complex joint replacements in USA, FORTHO, by KLEOS knowledge (Smith and Nephew educational body) April 2010

Trained in minimally invasive spine surgery by Medtronic Academy Foundation May 2010

Trained in computer assisted navigation technology for knee replacement in Vienna Austria, in June 2010

ARTICLES PUBLISHED / PRESENTED

Editorial feature (education of hip, figure 1 - its management and the result - published in the West Bengal journal of orthopaedics - vol 24, number 2, September 2008, myself as primary author
The role of total hip replacement in analyzing spandylitic patients - under consideration for publication in the Indian journal of orthopaedics

IMPOSSIBILITY - a study to reconstruct the post galea paralytic thumb - presented at the Indian Orthopaedic Association

Follow up of 24 total hip replacement in a developing spandylitic patients presented at the annual conference of the West Bengal Orthopaedic Association 2008

AWARDS RECEIVED :

Dr Santosh Kumar received Certificate of International Excellence in Minimally Invasive Computer Assisted Knee Replacement Surgery by the ARKLEAP ACADEMY, Germany





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