

## Supporting You Every Step of the Way with Knee Care

By Jena Ritchie, NBC-HWC

Your knees work harder than you think—whether you're hiking uphill, lining up a golf swing, sprinting down a field, or just getting through your daily routine. Whether you're an avid golfer, a weekend hiker, a professional athlete, or simply enjoying daily walks, taking care of your knees is vital for long-term joint health. Protecting these joints is essential, no matter your age or activity level. Simple balance exercises can make a positive impact in preventing strain and improving joint stability. Regular stretching, proper warm-ups, and strengthening exercises for the muscles surrounding the knee—like the quadriceps, hamstrings, and calves—can significantly reduce the risk of injury and strain.

Chiropractic care plays a key role in long-term knee health by promoting proper alignment throughout the body. When the feet, ankles, hips, or spine are out of balance, excess stress often shifts to the knees. Chiropractors will assess joint function, gait, and muscle balance, providing adjustments or soft tissue therapies to promote optimal movement patterns.

This is especially beneficial for golfers and athletes, whose repetitive motions and exposure to uneven terrain can contribute to imbalances that affect knee performance. Chiropractors can help correct movement patterns, relieve tension, and support recovery from overuse or injury. Golfers can benefit from better rotation and balance, while hikers and athletes see improved endurance and reduced wear and tear with regular care. Consistent chiropractic treatment, paired with healthy habits, offers valuable components of overall injury prevention and recovery.

Lifestyle choices play a critical role. Carrying extra weight increases pressure on the knees. Low-impact activities like swimming, yoga, cycling, or using elliptical machines can build strength without overloading the knees. Whether you're chasing a personal best, climbing a trail, swinging a club, or chasing after grandkids, caring for your knees today ensures that you stay active and pain-free for years to come. We want you to be able to enjoy your favorite hobbies like exploring the outdoors and staying active with family, while practicing mindful knee care to ensure you're ready for every step ahead. Moon Valley Chiropractic is here to help you live your best life. Call us at 602-298-0292 to schedule an appointment.

### **Knee Care Tips:** Keep Your Joints Healthy

**Warm Up** - Begin with 5–10 minutes of light activity (like walking or cycling) prior to engaging in exercise or sport.

**Stretch Regularly** - Condition hamstrings, calves, quads, and hip flexors to maintain flexibility and prevent strain.

**Strengthen Surrounding Muscles** - Build strength in your thighs, glutes, and core to better support knee joints and improve stability.

**Practice Balance Exercises** - Try out a balance board to improve coordination or simple moves like single-leg stands to improve stability and prevent falls.

**Choose Quality Footwear** - Wear supportive shoes appropriate for your activity—especially for hiking, running, or golf.

**Maintain a healthy weight** – Reduced weight reduces pressure on the knees—every extra pound adds about 4 pounds of force per step.

**Go Low Impact** - Choose joint-friendly exercises like swimming, cycling, yoga, or walking over high-impact activities when needed.

**Pay Attention to Pain** - Don't push through sharp or persistent knee pain—it's a signal, not a challenge.

**Seek Chiropractic Support** - Regular chiropractic checkups can improve alignment and reduce joint stress, especially helpful for active individuals.

**Recover Properly** - After intense activity, use ice for inflammation, elevation, and rest days to promote healing.

## Supporting You Every Step Of The Way Caring For Your Knees



Warm Up with 5–10 minutes of light activity



Stretch to reduce strain, enhance flexibility



Strengthen surrounding muscles



Practice Balance Exercises



Choose Quality Footwear



Maintain a healthy weight



Go Low Impact



Pay Attention to Pain



Commit to Proper Recovery Time



Seek Chiropractic Support

