

**10 TOP TIPS FOR**

# **ANNOYING KNEE PAIN THAT'S GETTING IN THE WAY OF THINGS YOU LOVE**

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# TABLE OF CONTENTS

<b>About Genuine Physio</b>	<i>Page 02</i>
<b>Introduction</b>	<i>Page 03</i>
<b>C1: Common Causes</b>	<i>Page 04</i>
<b>C2: Load Management</b>	<i>Page 05</i>
<b>C3: Strength &amp; Conditioning</b>	<i>Page 06</i>
<b>C4: Range Of Movement</b>	<i>Page 07</i>
<b>C5: Heat &amp; Ice</b>	<i>Page 08</i>
<b>C6: Role Of Medication</b>	<i>Page 09</i>
<b>C7: Weight Management</b>	<i>Page 10</i>
<b>C8: Supports &amp; Braces</b>	<i>Page 11</i>
<b>C9: When To Seek Professional Help</b>	<i>Page 12</i>
<b>C10: How I Can Help</b>	<i>Page 13</i>
<b>C11: Contact Me</b>	<i>Page 15</i>

## ABOUT

# Genuine Physio

I STARTED GENUINE PHYSIO DURING COVID WHEN PEOPLE WERE STRUGGLING TO ACCESS HEALTH CARE. INITIALLY, IT STARTED AS AN ONLINE PLATFORM TO PROVIDE FREE, EVIDENCED-BASED RESOURCES TO PEOPLE, BECAUSE FRANKLY, THERE IS A LOT OF MISINFORMATION OUT THERE. SINCE COVID GENUINE PHYSIO HAS GROWN AND THE GOAL CONTINUES TO BE GETTING POSITIVE MESSAGES ABOUT HEALTH AND INJURY TO AS MANY PEOPLE AS POSSIBLE.

MORE RECENTLY, I HAVE STARTED SEEING A LIMITED NUMBER OF PRIVATE PATIENTS ONE TO ONE BASIS, BOTH IN PERSON AND ONLINE, WHILST JUGGLING AN NHS ROLE AS AN ADVANCED PHYSIOTHERAPY PRACTITIONER. THIS ADVANCED ROLE INVOLVES ASSESSING AND ORDERING SCANS FOR PEOPLE, ADMINISTERING PAIN RELIEVING INJECTIONS AND ASSESSING THE APPROPRIATENESS OF ONWARD REFERRALS, SUCH AS ORTHOPAEDICS.

AM HUGEY PASSIONATE ABOUT DELIVERING EFFICIENT, HIGH QUALITY, EVIDENCE BASED CARE, GETTING YOU BACK TO THE THINGS YOU LOVE AND ENJOY. THAT IS WHAT GENUINE PHYSIO IS ALL ABOUT.

HELP IS AT HAND!

## FIND ME

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# INTRODUCTION

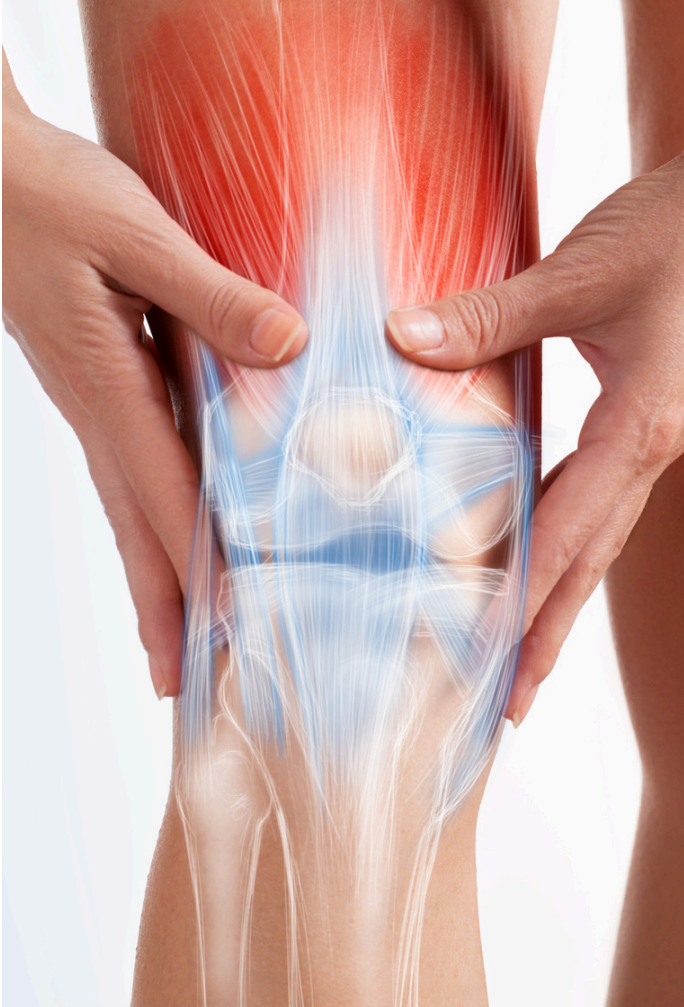
As a physiotherapist specialising in helping over 40s maintain a happy, healthy life, I understand the frustration knee pain can bring—especially for those who love staying active. Whether you enjoy walking through beautiful countryside, cycling, or staying fit with regular exercise, knee discomfort can significantly limit your activities.

This e-book provides practical, evidence-based tips for managing knee pain, so you can continue leading an active lifestyle without fear of injury. From strengthening exercises and load management, to when you should seek professional help, these strategies are supported by the latest research and align with NICE guidelines for knee health.



By following the advice in this guide, you'll not only reduce pain but improve strength, flexibility, and confidence in your body's ability to keep moving. Take charge of your knee health today—and if you need personalised support, I'm here to help you every step of the way.

# CHAPTER ONE



## COMMON CAUSES

Knee pain in over 40s can arise from several causes, including osteoarthritis, patellofemoral pain, meniscus tears, and ligament injuries. Osteoarthritis, the most common, results from the natural change to cartilage, leading to joint stiffness and sometimes pain. Additionally, hormonal changes during menopause can exacerbate knee pain for women, as decreased oestrogen levels may weaken ligaments and reduce joint lubrication, making the knees more susceptible to injury.

Understanding the underlying cause is essential, as effective treatment relies on an accurate diagnosis. For example, osteoarthritis may benefit from strengthening exercises and weight management, while ligament injuries may require more targeted physiotherapy or even surgical interventions. A thorough evaluation from a physiotherapist or healthcare professional will help identify the root cause of the pain, ensuring that treatment is specific, evidence-based, and successful in reducing discomfort and improving long-term knee function



## LOAD MANAGEMENT

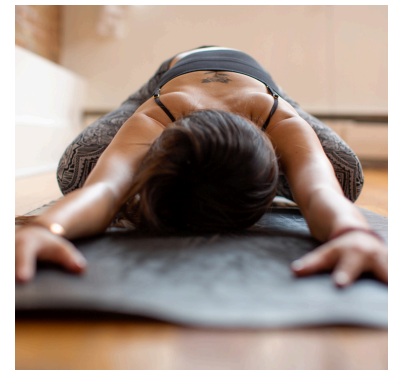
## CHAPTER TWO

Load management is key to balancing activity levels and preventing knee pain from worsening. Monitoring and controlling the physical load placed on your knees can help avoid overuse injuries while allowing you to stay active. It's essential to listen to your body and adjust the intensity, duration, and type of activities based on how your knees feel. High-impact exercises like running or jumping, can be great for knee health but do put more load through the knees. Building up higher impact activity gradually and progressively, whilst listening to symptoms is advisable. Particularly as we age as tissue adaptation to load is slower.

Consider, alternating between low-impact activities like walking, cycling, or swimming to reduce load, if needed.

Structured rest days are just as important as exercise, giving your joints time to recover. Additionally, gradually increasing activity levels prevents sudden overload, which is a common cause of knee pain.

Tracking your physical activity, either with a fitness app or a simple log, helps monitor patterns and identify activities that may trigger discomfort, helping you adjust accordingly.



## CHAPTER THREE

### STRENGTH & CONDITIONING

Strength training is one of the most effective ways to manage and alleviate knee pain. Strengthening the muscles around the knee—particularly the quadriceps, hamstrings, and calf muscles—provides greater support to the joint and reduces the pressure on it. Simple, low-impact exercises such as straight-leg raises, wall squats, and seated knee extensions are excellent starting points for building strength without aggravating knee pain.



Research shows that consistent strength training can reduce pain, improve knee function, and slow the progression of osteoarthritis. For over 40s, resistance exercises also help counteract age-related muscle loss, further supporting the knees. Begin with body weight or light resistance bands, progressing gradually as your muscles strengthen. Proper technique is crucial to avoid injury, so working with a physiotherapist or following video tutorials is beneficial for ensuring correct form. With time, strength training can improve knee stability, reducing pain and enhancing mobility.



# CHAPTER FOUR

## RANGE OF MOVEMENT

Restoring full range of motion, particularly knee extension, is critical in managing knee pain and improving overall function. Full extension is essential for a normal gait cycle, as it allows you to straighten the leg completely when walking. Without full extension, you're likely to limp, which can lead to compensatory issues in the hips, back, and other joints.

If there's a range of motion deficit, particularly in extension, it's crucial to prioritise exercises that target this limitation.

By focusing on regaining full extension, you'll not only reduce the risk of limping but also improve overall knee function, allowing you to move with greater ease and less pain.





# CHAPTER FIVE

## HEAT & ICE

Ice and heat are simple, yet effective methods for providing short-term relief from knee pain. Ice therapy, or cryotherapy, is particularly useful in the early stages of pain or injury when inflammation and swelling are present. Applying ice to the knee reduces blood flow, numbs the area, and helps decrease swelling and pain. It's most effective within the first 48 hours following an injury or after intense physical activity that causes flare-ups. Ice should be applied for 15-20 minutes at a time, with breaks in between.

Heat therapy, on the other hand, is beneficial for relieving stiffness and promoting relaxation in tight muscles around the knee. It increases blood flow, loosens tissues, and helps prepare the muscles for activity or rehabilitation exercises. Heat is ideal for chronic pain or stiffness that has persisted over time.

Both methods can be useful, but it's essential to apply the right therapy based on your symptoms.



# CHAPTER SIX

## ROLE OF MEDICATION



### OVER THE COUNTER

Over-the-counter medications, such as nonsteroidal anti-inflammatory drugs like ibuprofen, can offer short-term relief by reducing inflammation and pain. Paracetamol is another option for mild to moderate pain relief. These medications are commonly used for flare-ups or post-exercise soreness and are most effective when combined with rest and physiotherapy. However, they should be used carefully, as prolonged use can lead to side effects like stomach irritation or kidney issues.

### PRESCRIBED

In cases of severe or persistent knee pain, prescribed medications may be required. Your healthcare provider might recommend stronger types of medication. Prescribed medications are suggested when over the counter medication has not helped, particularly when sleep is still being impacted. Importantly, good sleep quality is crucial for pain relief and recovery, as poor sleep can increase pain sensitivity and slow down the healing process, making effective pain management essential.



## CHAPTER SEVEN

# WEIGHT MANAGEMENT

### BIOMECHANICS

Maintaining a healthy weight is essential for managing knee pain, as excess weight increases the load on your knee joints. For every pound of body weight, an additional four pounds of pressure is placed on the knees during activities like walking. Over time, this added strain accelerates joint change, leading to pain and conditions such as osteoarthritis. Weight management not only reduces the mechanical load on the knees but also addresses another critical factor: chronic low-level inflammation.

### CHRONIC INFLAMMATION

Excess body fat, particularly around the abdomen, produces pro-inflammatory chemicals called cytokines, which can contribute to inflammation in the joints. This chronic inflammation can worsen knee pain, especially in those with conditions like osteoarthritis. By adopting a balanced diet and regular exercise routine to achieve a healthy weight, you can reduce both the physical strain on your knees and the underlying inflammation, helping to relieve pain and improve long-term joint health but also general health too.

# CHAPTER EIGHT

## SUPPORTS & BRACES

Knee braces and supports can provide short-term relief and improve confidence, particularly during activities that aggravate knee pain. According to the NICE guidelines on osteoarthritis management, knee braces may be helpful for some people by providing additional stability and reducing discomfort during movement. Compression braces, in particular, can help manage swelling by improving blood flow and limiting fluid buildup around the joint.

However, braces are not a long-term solution. While they can offer immediate support, they should not be relied on indefinitely, as prolonged use may weaken the surrounding muscles and lead to greater dependency.

Physiotherapists often recommend using braces temporarily while continuing with exercises to strengthen the muscles that support the knee.

Ultimately, the goal is to restore function and confidence without the need for external support, allowing the joint to become stronger and more stable naturally through rehabilitation and activity modification.



## CHAPTER NINE

# WHEN TO SEEK PROFESSIONAL HELP

While many cases of knee pain can be managed with self-care and home exercise there are times when seeking medical help is essential. If your knee pain persists for more than a few weeks despite home treatments, or if it significantly affects your ability to perform daily activities, it's time to consult a healthcare professional. Red flags include persistent swelling, the knee giving way or locking, severe pain during rest, or an inability to bear weight.

In such cases, a detailed evaluation by a specialist in musculoskeletal health can identify the underlying cause of the pain, whether it's related to structural damage, ligament injury, or joint changes. Imaging such as X-rays or MRIs may or may not be necessary depending on the clinical picture. According to NICE guidelines, if conservative treatments don't improve symptoms, referral for specialist intervention—such as corticosteroid injections or, in severe cases, surgery—may be required to restore function and manage pain effectively.



# CHAPTER TEN

## HOW I CAN HELP



If you would still like to build up some trust between us there are plenty more free resources for you.

YouTube: There are a number of videos on 'knee pain' on The YouTube Channel that you are free to watch at your leisure and there will be more to come in the future. Subscribe to the channel and you won't miss them.

Fortnightly Blog: I bring out a fortnightly blog on all things over 40s health. From menopause and osteoporosis, to osteoarthritis and KNEE pain.

Facebook, Instagram & TikTok: You'll be able to find regular posts from with with helpful exercises, tips & advice on all things over 40s health.

# One to One Appointments In Person & Online

I really hope you found this e-book helpful enough to manage your knee pain confidently & independently.

However, if you feel like you would benefit from a more specific, bespoke treatment plan I offer both face to face and online consultations.



Don't worry if you can't be seen face to face. Even though I'm based in Surrey, UK, I have treated people just like you, struggling with daily activities and to reach their goals, despite debilitating knee pain. So far I've got patients back to the things they love from Ireland, South Africa, U.S., China & even Zanzibar.



Whether you are worried about playing with your grandchildren, scared you could cause lasting damage or just want to get back to work, I am confident that we could work together to achieve your goals.



The ultimate aim is to give you the tools & strategies that you need to manage your knee pain, in a healthy way, long term.

Head over to the bookings page on the website where you can choose a time that suits you for us to work together. If you have any questions or queries then please don't hesitate to reach out.

I can't wait to meet you 😊



## CONTACT ME



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