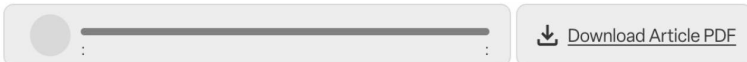


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Updated on November 4, 2025

Living With Knee Pain

Living with knee pain doesn't have to slow you down. Discover simple exercises, lifestyle tips, and treatments to keep your knees strong and pain-free.

[Knee](#)

Knee pain is a common side effect of age, poor joints, and arthritis. If you are experiencing knee pain, it can be difficult to stay motivated and participate in your daily routine. However, with the right care, treatment, and exercises, you can still enjoy each day.

Exercise

While you may think exercising might damage your already fragile joints, you are likely doing more damage by resting. Too much rest can lead to weaker muscles and increased joint pain. Exercise can help strengthen your muscles and provide some relief to the knee pain you feel throughout the day. Some exercises and stretches you might try are:

- Seated Hip March
- Calf Stretch
- Hamstring Stretch
- Heel Raises
- One-leg Balances
- Walking
- Swimming
- Cycling

Your workout must not over-strain your muscles. Listen to your body and understand when your knees have had enough.

Weight

Extra weight on already weak knees can add to your pain and discomfort. You don't have to go on a drastic diet or over-exercise, shedding even just a few pounds can make a world of difference. Being conscious of your weight will also help motivate you to exercise and eat healthier.

Diet

As you exercise and watch your weight, you'll want to make changes to your diet. Fruits and vegetables are packed with antioxidants that protect your cells and vitamin C which can aid in building collagen and connective tissue. Some fruits and vegetables in particular, along with fish, can reduce joint inflammation and pain.

Modify Your Home

Knee problems increase your risk of a fall. Falling can have severe consequences such as broken or sprained bones. To prevent falls from happening, make modifications to your home to increase its safety. Moving furniture so you are less likely to trip, adding more light, and installing handrails are all



Footwear

As you make changes to your home, take a peek in your closet and inspect your shoes. While it's tempting to only wear shoes that make a fashion statement, you should be wearing footwear for comfort. Comfortable shoes can make a noticeable difference in how your knees feel, especially after a long day of walking or standing. Wearing cushioned insoles can reduce the stress on your knees and, in turn, reduce your discomfort. Plus, you don't always need to sacrifice style for comfort, oftentimes you can find a happy medium.

Massage

If you aren't going to treat yourself to some stylish and comfortable shoes, treat yourself to a massage. Swedish massages have been recommended for people with knee pain as a positive pain reliever. Massages will help you relax while the muscles around your knees are loosened. This can help improve your range of motion and cut down the pain.

See a Doctor

At Summit Orthopaedics, we want you to live your best life. Living with knee pain is uncomfortable and can make you feel as if you can't enjoy life the same. Our doctors are here to help show you you're wrong. Seeing a doctor can help you find the right treatment method you need to get back on your feet and feel less knee and joint pain.

Related FAQs

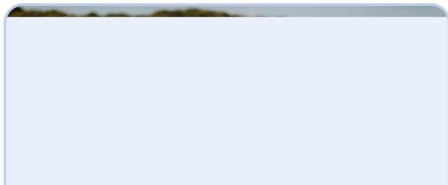
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