



B O D Y A W A R E N E S S

PRESERVING YOUR KNEES AND HIPS

30% of adults over 60 years of age have knee pain and limitation in movement. 25% of all people will develop hip pain in their lifetime.

Knee pain is very common in both athletic and non athletic individuals. Common causes are osteoarthritis which involves wear and tear of the knee joint, and patello-femoral problems affected by the alignment and movement of the knee cap in relation to the femur.

Several studies have shown that many patients with osteoarthritis of the knee also have concurrent hip impairments (Cliborne et al 2004).

In cultures where people squat fully as part of their daily routine, the incidence of hip pain and osteoarthritis is less frequent. Putting your joints through their full range of motion is beneficial in preventing problems in the joints of your legs.

Additionally, strengthening the muscles in your hips and legs helps ease the load placed on these joints offering further prevention of subsequent problems.

The exercise photo on the right demonstrates the single leg bridge. This position works many muscles, but primarily the gluteal muscles (butt muscles) are targeted. Doing this exercise daily, helps prevent hip and knee problems, and keeps you strong so that you can continue to have an active and pain free life.

Squatting daily for one minute, helps to preserve joint mobility. Squatting must be pain free.



SINGLE LEG BRIDGE

Bend both knees and place your feet as close to your body as possible. Raise your bum off the floor and extend one leg as shown.

To make this more challenging, raise your arms off the floor and reach for the ceiling.

Healthy and fit women should be able to hold this position for one minute.

Men can maintain it for two minutes.

If you have trouble holding this position, work on it gradually to increase your strength. NO PAIN IS ALLOWED.

