

HEALTH TIP



THE WIN WITHIN
VICTORIOUS

AVOIDING KNEE INJURY WHILE EXERCISING

Though knee injury can sometimes be unavoidable, there is plenty you CAN do to reduce the risk of sustaining one while exercising:

Seek Sensible Shoes:

Be sure they are comfortable and supportive and not too old or worn.

Don't Skip the Warmup:

Warming up before a workout helps to prepare and lubricate the joints, which protects against the physical stress of exercise.

Proper Form & Technique a MUST:

Before beginning any type of exercise, learn the body mechanics required to complete it. Watch a video and then video yourself attempting the exercise to ensure you can perform it properly.

Round Out Your Routine:

Aim for multidimensional workout routines that don't focus solely on exercises that put pressure on the knees, and allow your body the recovery time it needs between workouts.



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