

HEALTH TIP



THE WIN WITHIN
VICTORIOUS

Winterize Your Knees

Especially for people with arthritis, the colder winter weather can be tough on the knees. Some tips for relief:

Warm-Up: Be sure your wardrobe is ready for the colder months with insulated or thermal long underwear that can help keep knees warm underneath otherwise uninsulated clothing.

Boost Circulation: When a bout of knee pain strikes, help relieve it with moist, not dry, heat. This can be achieved by placing a warm compress over the knee, or better yet, taking a warm bath.

Get Moving: Though knee pain can make it tougher to move around, try to. Keeping knee joints lubricated through light but consistent activity can help prevent pain from worsening.

Mind Your Mental Health: A heightened sensation of pain can be a symptom of even the mildest depression. If this time of year has you feeling blue, consider talking to a mental health professional.

