

KNEE JOINT PROTECTION TECHNIQUES

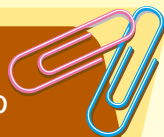
To protect your knee joints from pain and degeneration

Osteoarthritis of the knee is caused by repetitive strain on the knee joints over a long period of time, resulting in permanent damage.

Over-weight, weakness of the thigh muscles and long term neglect of knee joint protection are the main causes of strain. Degeneration is aggravated and joint pain occurs frequently. Joints will become deformed and mobility will be affected at the late stage, which will further impair daily living. In order to prevent osteoarthritis of the knees, we need to control our body weight, train up our thigh muscles and pay attention to our lifestyle, including application of 'knee joint protection techniques'.



The keys to knee joint protection include proper posture and work habits, so as to avoid damage to knee joints. All people, including healthy persons or those suffering with varying degrees of knee osteoarthritis should take note of the important points as follows:



1. Avoid improper postures, e.g. over-bending of knees (i.e. knee joints are bent to an angle of less than 90 degrees when seated)



Improper sitting posture:
cross-legged sitting



Proper sitting posture:
sit close to the back of the chair, feet flat on the floor, knees should be bent to 90 degrees when seated



Improper sitting posture:
sit on a low stool to wash clothes in the bathroom



Proper sitting posture:
Place the tub on the toilet and sit on a chair to wash clothes

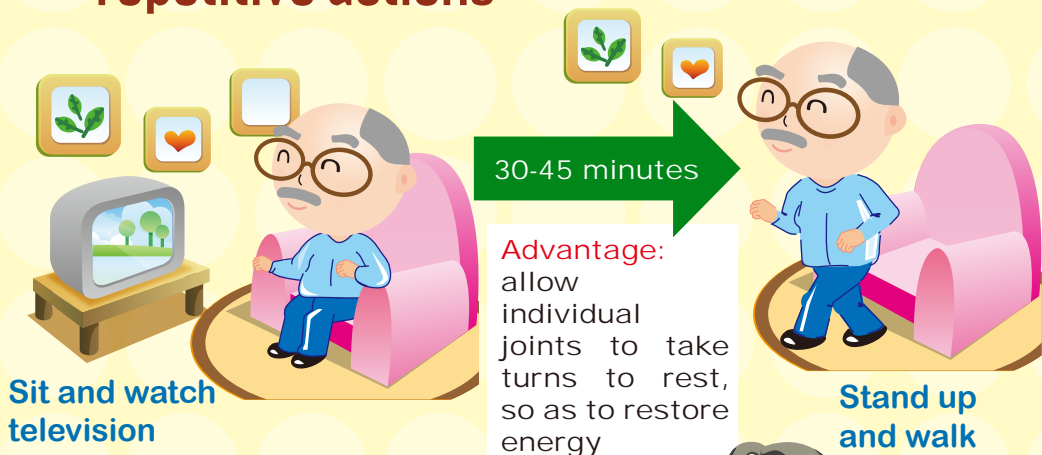


Improper lying posture:
legs are overlapped when side lying



Proper lying posture

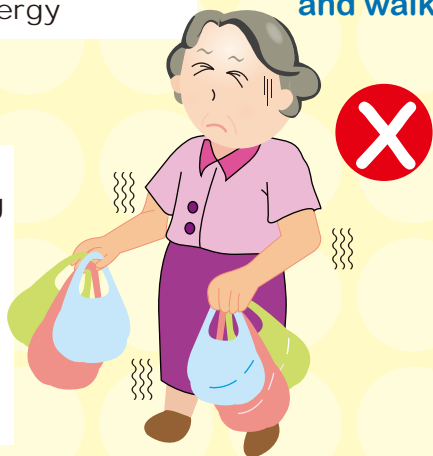
2. Avoid prolonged static posture or repetitive actions



3. Avoid overloading the joints

Tips for shopping:

- Use shopping trolley if carrying heavy things
- Don't buy a lot of items at one time
- Shop a few times, each with less items
- Don't buy a lot of items because of lower price



4. Modify the environment to reduce energy consumption during housework

Frequently used items can be placed where they can be reached easily (i.e. area within red circle in the diagram on the right)





Place big rice tank under the table and small rice tank on the table, so that squatting is not needed



Sit down to wash vegetables

5. Take short rests during activities

Perform Tai Chi (30-45 minutes)



Sit and rest (5-10 minutes)



Mop the floor (30-45 minutes)



Put aside the mop, sit and rest (5-10 minutes)



Adequate sleep can help the joints and muscles to restore energy after exertion

6. Use assistive devices properly can save energy and make life easier; lessen the load on knees and reduce the risk of injury

Raised toilet seat



Shower chair



Bathboard and handrail



Long handle reacher



Long handle mop

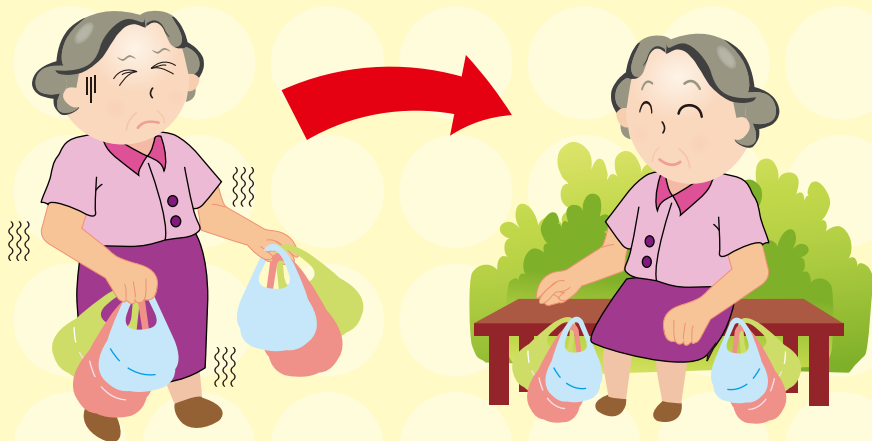


Shopping trolley



For queries, please consult an occupational therapist

7. Do not neglect knee pain



*** Please do not hesitate to rest, otherwise degeneration is aggravated by overloading on joints**

Please consult a doctor as soon as possible if knee pain persists or deteriorates

If elders have difficulty to perform housework because of knee problems, they should discuss with their relatives to share out work load. Or they can seek help from the 'District Elderly Community Centres' or 'Integrated Family Service Centres' nearby, e.g. applying for cleansing service and meals-on-wheels by home helpers etc.

Elderly Health Service, Department of Health
Website: www.elderly.gov.hk
Elderly Health Infoline: 2121 8080

