

*4 Simple Ways ...*

*To Stop Chronic,  
Daily Annoying*  
**KNEE PAIN**

*...Without Injections,  
Taking Painkillers Or  
Having To Wear  
A Support!”*

Guide by Dr. Frank Klene



### **Dr. Frank Klene**

Industry Leader in non-invasive orthopedic care. Frank has been a staple in the North Indianapolis community for over 7 years. His mission is to help others.... move pain-free so they can return to the things they love, all without pain pills, injections, or surgeries.

“I have suffered with chronic pain most of my life. This unique experience has given me a personal passion to help others. It’s time to take control of our lives. Let me help you achieve your goals!”

Dr. Klene’s credentials:

- Doctor of Physical Therapy
- Orthopedic Certified Specialist
- Certified Strength and Conditioning Coach

## **1. Avoid High Heels**

Here's why. Wearing high heels will increase the pressure through your knees by about 25 X. Reverse that, and it means if you wear a nice soft cushioned pair of shoes instead, your knee joint would be experiencing 25 times less pressure and force placed upon it.

Imagine how much relief you'd feel if you could take that type of stress off of your knee joint right now?

But understand that it's a cumulative effect. This pressure builds up from wearing the wrong footwear over a period of weeks and years and results in a weak and stiff knee joint, somewhere around the age of 40-45.

## **2. Avoid Sitting With Your Legs Bent For More Than 20 Minutes At A Time**

There's so much 'gossip' that surrounds knee pain. But this is FACT...you and I were not designed to sit. It goes against every basic, fundamental rule of the way we originally evolved as humans.

When you sit at a desk or in a chair with your knees bent underneath, you're stretching ligaments and muscles and placing your knee in a position that is unnatural – and it really wasn't supposed to be in for very long. Limit the amount of time doing it and keep your knees straight when ever possible.

## **3. Avoid Sitting Cross Legged**

Closely linked to the above. Your knee joint isn't designed to twist or turn. And sitting in a cross-legged position is doing just that. In this position, your joints are twisted, muscles stretched and you're vulnerable to injury.

Spending an excess of time in this position will catch up on you – usually aged 40-60 in the form of unwanted noises like click clunk and crack – and more swelling than most other people your age.

#### **4. Get Moving With Physical Therapy**

There isn't a faster way to END knee pain than by going to see a physio. Getting to see a hands-on specialist physio means you're going to get very fast access to care that will soothe and relax those tight aching muscles, loosen and lubricate stiff, stuck and painful joints, and strengthen your body so that you can go back to doing the things that you love.

You can often leave a good physio with concerns eased and physical pain reduced, inside 30-40 minutes. Combine all of the "tips" in this Special Report with a trip to see a "hands on private therapist, and you will see a dramatic drop in the knee pain and stiffness you are currently suffering from.

## **Bonus Section:**

### **Be Selective Of Where You Walk**

Most people don't know it, but being selective of the surface that you walk on is another way to ease knee pain. For example, walking on hard, uneven and "gravelly" surfaces is going to make your knee pain worse. Contrast that with walking on grass or on the sand, and you'll suffer LESS because the surface is so much softer and kinder to ALL your joints. Even walking on a treadmill is nicer and healthier than any hard concrete or pavement type surface.

### **Choose Sensible Footwear**

Bizarre choices of footwear include high heels, sandals, flip-flops and plimsol style trainers or shoes. Why bizarre? Because they're all proven to ADD to your knee pain.

It's because there's a lack of cushioning to absorb shock with these types. So your knee joint has to take all of the impact every time your foot lands on the floor (not good for your hips either).

If you can absorb some of the shock by wearing nice soft, well fitted and cushioned shoes/trainers, then you could reduce your knee pain by as much as 20-25%.

## **Conclusion**

Now you have it: 4 things (plus 2 big bonus tips) that you can do TODAY to reduce your back pain without medication, improve your posture, and restore your health. You have so many options and I could go on and on about how you can stop your Knee Pain but these are the fundamentals. If you try one tip per day and stay disciplined with implementing them into your daily routine, they will make a big impact on the quality of your life.

In the upcoming weeks I will be sending you even more tips and advice on how to get back to doing what you love and I will share with you how physical therapy can truly make a big difference in your life. I sincerely hope this is the beginning of a great, long-term relationship where you can receive leading edge health advice that truly makes a difference in your life.

To Your Best Health,

*Frank Klene*

Leading Specialist in Knee Care