Chichester PHYSIO LTD

7 EXPERT TIPS FOR MANAGING KNEE PAIN EFFECTIVELY



WRITTEN BY:

LINDY GRIFFITHS

OWNER & PRACTITIONER:

CHICHESTER PHYSIO

01243 783040

chichesterphysio.co.uk

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Chichester Physio Ltd

Hammers Farm Offices Main Road, Bosham, Chichester, United Kingdom, PO18 8EH

info@chichesterphysio.co.uk
chichesterphysio.co.uk



ABOUT LINDY GRIFFITHS OF CHICHESTER PHYSIO

Lindy Griffiths is the founder of Chichester Physio and an experienced physiotherapist specialising in musculoskeletal conditions. She helps people with back and neck pain, sports injuries, joint problems and post-operative rehabilitation.

Lindy and the Chichester Physio team take a personalised, hands-on approach, combining a thorough assessment with appropriate treatment, advice and exercise rehabilitation. Their aim is to help patients improve confidence, movement and function so they can return to the activities that matter to them.

INTRODUCTION

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Knee pain can make everyday activities such as walking, climbing stairs, exercising or even sleeping uncomfortable. In this guide, I share seven practical ideas that may help you manage symptoms and improve confidence in your movement.

There are many possible causes of knee pain. The right approach depends on your symptoms, health, activity and any injury you may have sustained. These tips are general suggestions, not a diagnosis or a replacement for individual assessment.

Small, consistent changes are often easier to maintain than sudden changes to your routine. You might begin with a gentle movement activity, review your footwear or find a more comfortable sleeping position.

If an exercise increases your symptoms significantly, stop and seek advice. Persistent, worsening or unexplained knee pain deserves assessment by an appropriate healthcare professional.

Keep reading for seven ways to look after your knees.

7 EXPERT TIPS FOR MANAGING KNEE PAIN EFFECTIVELY

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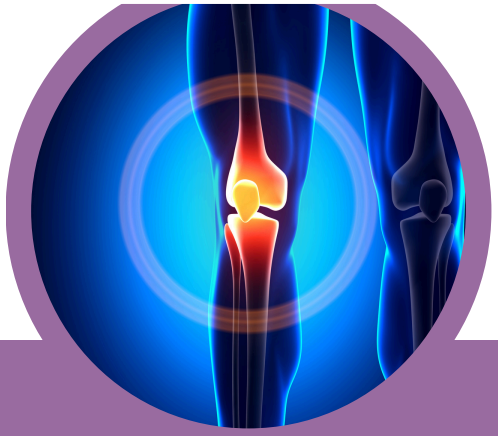
1. Improve Knee Mobility to Reduce Stiffness

Gentle movement can help maintain a comfortable range of motion and reduce the stiffness that sometimes accompanies knee pain. Start slowly and work within a comfortable range.

Ideas to try:

- Seated knee bends: slowly slide your foot backwards beneath your chair, bending your knee as far as is comfortable.
- Knee straightening: while sitting, gently straighten your knee, then lower your foot again.
- Easy walking or cycling: short periods of comfortable activity can help keep your knee moving.

Avoid forcing movements through sharp pain or significant swelling. If your knee locks, gives way, or you cannot bear weight, arrange an assessment.



2. Choose Comfortable, Suitable Footwear

Footwear can affect comfort during walking and exercise, but there is no single ideal shoe for everyone with knee pain. Fit, comfort, activity and personal preference all matter.

Things to consider:

- Choose shoes that fit securely without rubbing or squeezing.
- Replace footwear when it becomes uncomfortable or noticeably worn.
- Consider cushioning and support based on what feels comfortable for you.
- If one type of footwear aggravates your knee, try an alternative and monitor your symptoms.

Shoes alone cannot prevent or treat every knee condition. If knee pain persists, a physiotherapist can assess your movement and advise on footwear where relevant.

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3. Try Heat or Cold for Comfort

Heat and cold can provide short-term symptom relief for some people. They do not replace assessment or rehabilitation when these are needed.

How to use them safely:

- For a recently painful or swollen knee, try a wrapped cold pack for 10?15 minutes.
- For stiffness, gentle warmth may feel soothing.
- Always put a towel between the pack and your skin.
- Stop if the temperature causes discomfort and avoid applying heat or cold to areas with reduced sensation or poor circulation unless advised.

Choose whichever approach helps your symptoms; alternating heat and ice is not essential and is not proven to speed tissue healing.



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4. Strengthen the Muscles Around Your Knee

Strengthening the quadriceps, hamstrings and hip muscles can improve function and may help manage several common knee problems. The most suitable exercises depend on your symptoms and ability.

Gentle starting points may include:

- Quadriceps contractions: tighten the muscles at the front of your thigh, hold briefly and relax.
- Sit-to-stand: rise from a chair and sit down slowly, using your hands for support if necessary.
- Straight-leg raises: with one knee bent and the other straight, gently lift the straight leg if comfortable.

Progress gradually. Stop if pain increases substantially or the knee becomes more swollen, and seek individual advice if needed.



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5. Build a Comfortable Stretching Routine

If the muscles around your knee feel tight, gentle stretching may help with comfort and movement. Stretching is one option alongside strengthening and general activity?not a guaranteed way to eliminate knee pain.

Practical tips:

- Warm up with a short walk or gentle movement first.
- Stretch your thigh or calf muscles slowly, without bouncing.
- Keep the stretch comfortable and breathe normally.
- You do not need to force the knee or stretch through pain.

Some conditions respond better to exercise loading or activity changes than to stretching alone. A physiotherapist can help you identify which approach suits your knee.



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6. Find a Comfortable Sleeping Position

Knee pain can make it difficult to settle at night. A small change in position or pillow support may make sleeping more comfortable, although the best position varies between people.

You could try:

- If you sleep on your side, place a pillow between your knees to reduce pressure between them.
- If you sleep on your back, try a small pillow beneath your knees if comfortable.
- Change position gently if you wake with stiffness.

There is no single sleeping position that prevents knee problems. If night pain is severe, persistent, or unrelated to movement, seek medical advice.



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7. Seek Professional Physiotherapy Advice

If knee pain persists, keeps returning or limits everyday activities, an assessment with a physiotherapist can help identify possible contributing factors and guide your next steps.

At Chichester Physio, care may include:

- A discussion of your symptoms, medical history and goals.
- Assessment of knee movement, strength and relevant activities.
- Hands-on treatment when appropriate to support comfort and movement.
- An individual exercise and rehabilitation plan, with advice on activity and gradual progression.

Treatment is tailored to the person and the condition; no single technique is right for everyone, and outcomes cannot be guaranteed.



WHAT TO DO NEXT

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Knee pain is not one condition, and the reasons for it can vary. An individual assessment is often the best starting point when symptoms are persistent, worsening or affecting your ability to work, walk, exercise or sleep.

At Chichester Physio, we aim to understand the problem rather than simply focus on the painful area. Our physiotherapists will ask about your symptoms and goals, assess your movement and explain what the findings may mean.

Depending on your needs, your treatment plan may combine hands-on treatment, suitable strengthening and mobility exercises, activity modification and practical guidance for everyday life. We will explain what to expect and review how you are progressing.

If you have sudden severe pain, a major injury, fever with a hot swollen joint, or are unable to bear weight, seek urgent medical assessment rather than relying on self-management advice.

If you would like to discuss whether physiotherapy could help your knee pain, please contact Chichester Physio on 01243 783040.

CONCLUSION

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You have now explored seven ways to look after your knees, from gentle mobility and strengthening to footwear, symptom relief, stretching and comfortable sleep. Small, manageable changes can be a useful place to start.

Knee pain has many possible causes, so a technique that helps one person may not be appropriate for another. If pain is persistent, worsening, associated with swelling or instability, or affecting your daily life, a professional assessment is advisable.

At Chichester Physio, our physiotherapy team offers individual assessment, hands-on treatment where appropriate, and personalised rehabilitation to support movement and recovery.

Your Free Discovery Visit

If you would like to discuss your knee symptoms and find out whether physiotherapy might help, you are welcome to arrange a free Discovery Visit with one of our physiotherapy team. We can listen to your concerns, explain our approach and discuss suitable next steps.

Call Chichester Physio on 01243 783040 and mention this free knee pain report to arrange your visit.

HEALTH DISCLAIMER

We strive to provide accurate and helpful information regarding pain and injury management in this guide.

However, the examples and advice presented are based on common conditions we see at Chichester Physio and may not apply to every individual. Each person's symptoms, recovery process, and response to treatment can vary due to factors such as medical history, genetics, lifestyle, stress levels, adherence to treatment, and other psychosocial influences.

This guide is not a substitute for professional medical advice. A full assessment and physical examination by a qualified practitioner are necessary to determine the most appropriate treatment for your specific condition. While we provide expert care at Chichester Physio, the recommendations here cannot replace an in-person consultation.

We encourage you to seek professional assessment before beginning any new treatment plan. There is always a risk of further injury if appropriate medical guidance is not followed. No guarantees of specific results are made or implied in this report.

THANK YOU



Thank you for taking the time to read this report. We understand that living with pain can be challenging, and we are here to support you every step of the way. If you would like to learn more about how Chichester Physio can help, we invite you to book a **FREE telephone consultation** with our expert team.

How Do I Book My Free Phone Consultation?

Booking your **FREE telephone consultation** is quick and easy!

Visit our website: chichesterphysio.co.uk
Call us directly: 01243 783040

Our expert team is ready to help you take the first step towards relieving pain and restoring movement. Don't wait—book your consultation today!