

KNEE PAIN

Pain, stiffness or swelling in the knee

···· CAUSES

ARTHRITIS

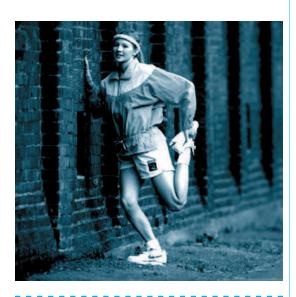
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BURSITIS

See page 53.

GOUT

See page 61.



Although running is generally a good sport to take, pain or injuries may be experienced if you over-exert your joints and muscles.

INJURY

Over-using the joints doing high-impact physical activity such as running may cause knee pain. This condition may be treated at home.

Symptoms:

- · Pain in the knee
- Swelling

DO:

- Try the PRICE remedy. Protect and Rest the knee. Apply Ice to the affected area. Wrap the knee with a clean bandage (Compress), and Elevate it above the level of your heart, to reduce swelling.
- Get regular, moderate exercise. Under-using the joints may eventually cause joint pain as well.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen.

DON'T:

 Don't engage in high-impact physical activity if your joints are still painful and swollen.