

KNEE PAIN RELIEF

Keep your knees moving.

Gentle moves to keep your knees and the muscles around them working, plus stairs and daily-life tips.

Start here → Read page 2, then work through the sections in order: mobility, stability, movement.

INSIDE THIS GUIDE

01 **When to get care**
And the stop rule

02 **Mobility**
Loosen up first

03 **Stability**
Wake up support muscles

04 **Movement**
Put it together

05 **At Home Beyond Stretching**
Everyday strategies

General education only. Not a diagnosis or a treatment plan for you.
JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

ABOUT THIS GUIDE

Knee pain: what to know

Many people have knee soreness or stiffness at some point. This guide shares simple, general ways to stay comfortable and moving. It doesn't replace an exam.

WHAT IT CAN FEEL LIKE

- Stiffness after sitting or first thing in the morning
- Aching with stairs, squatting or kneeling
- A feeling that the knee needs to "warm up"

WHAT OFTEN HELPS

- Keeping the knee gently moving
- Strong hips and thighs
- Supportive shoes and flat walking routes
- Pacing activity through the day

When to call us

- Pain that isn't easing after a week or two of gentle care
- Pain that keeps coming back
- Stiffness that gets in the way of work, sleep or daily life
- You're not sure which moves are right for you

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.

Get medical care right away for

- A fall or injury with sudden, severe pain
- You can't put weight on it or move it
- The joint looks deformed, hot, red or very swollen
- Pain with fever, or feeling unwell
- Numbness, tingling or weakness that is new or spreading
- Calf pain or swelling in one leg

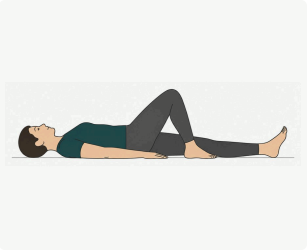
JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

SECTION 1 · MOBILITY

Loosen up first

Start with gentle mobility moves to ease stiffness. Go slowly, breathe, and stay in a comfortable range.

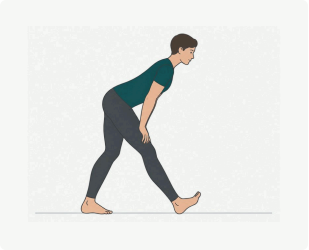
STOP RULE: READ FIRST
These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.



01 Heel Slides

MOBILITY · KNEE · **10 REPS**

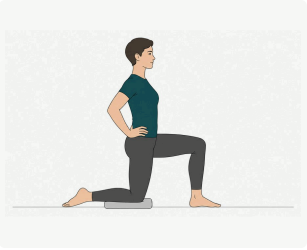
On your back, slowly slide your heel toward you, then back out.



02 Gentle Hamstring Stretch

MOBILITY · BACK OF THIGH · **2 × 20 SEC EACH**

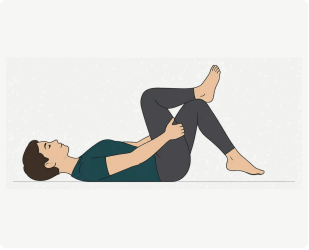
Heel forward, soft knee, hinge at your hips until you feel a light stretch.



03 Kneeling Hip Opener

MOBILITY · FRONT OF HIP · **2 × 20 SEC EACH**

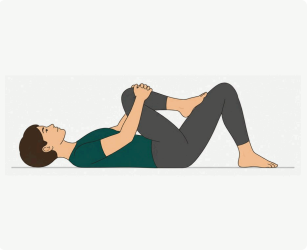
Half-kneel on a pad, tuck your tailbone and shift forward gently.



04 Figure-4 Stretch

MOBILITY · BACK OF HIP · **2 × 20 SEC EACH**

On your back, cross one ankle over the other knee and gently draw it in.



05 Knee to Chest

MOBILITY · LOW BACK + HIPS · **2 × 20 SEC EACH**

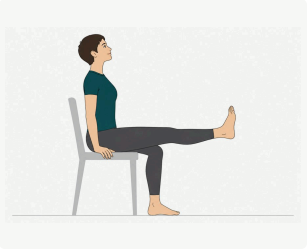
On your back, hug one knee in gently. Keep the other foot flat.

JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

SECTION 2 · STABILITY

Wake up your support muscles

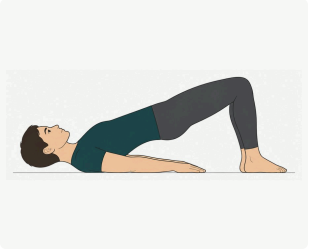
These moves gently switch on the muscles that help hold you steady. Small, controlled and easy.



01 Seated Knee Straightening

STABILITY · FRONT OF THIGH · **10 EACH LEG**

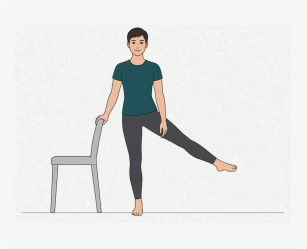
Sit tall and slowly straighten one knee, pause, then lower.



02 Glute Bridge

STABILITY · GLUTES · **10 × 3-SEC HOLD**

Knees bent, squeeze your glutes first, then lift your hips a few inches.



03 Standing Side Leg Lift

STABILITY · SIDE OF HIP · **10 EACH SIDE**

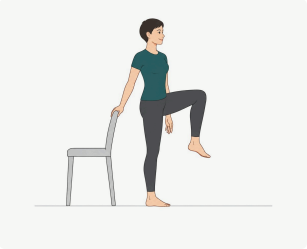
Hold a chair, stand tall and lift one leg out to the side a little. Keep your trunk still.



04 Clamshell

STABILITY · SIDE OF HIP · **10 EACH SIDE**

Lie on your side, knees bent, feet together. Lift your top knee a little without rolling back.



05 Single-Leg Balance

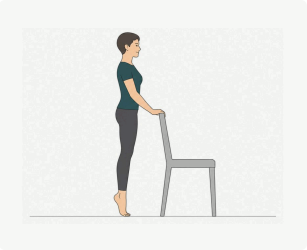
STABILITY · HIP + ANKLE CONTROL · **3 × 15 SEC EACH**

Stand tall by a chair, touching it lightly. Lift one knee and hold steady.

SECTION 3 · MOVEMENT

Put it together

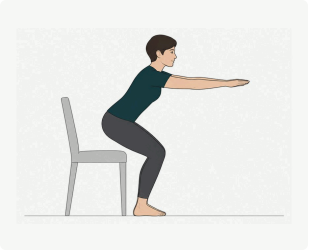
Now practice an everyday movement with good control. Quality over quantity.



06 Supported Calf Raises

MOVEMENT · CALVES + ANKLES · **12 REPS**

Hold a chair. Rise onto the balls of your feet, lower slowly.



07 Sit-to-Stand

MOVEMENT · LEGS + HIPS · **8–10 REPS**

From a sturdy chair, lean forward and push through your heels to stand, sit back slowly.

JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

AT HOME BEYOND STRETCHING

Everyday ways to feel better

Simple, practical things you can do at home for your knee, beyond the exercises.

HEAT OR COLD

Some people find a warm pack eases stiffness; others prefer a cool pack after activity. Use either for 15–20 minutes with a cloth between it and your skin, and check your skin often. Skip it if the area has reduced feeling.

FOOTWEAR

Wear supportive, comfortable shoes with good cushioning. Avoid long periods in worn-out shoes or high heels.

STAIRS AND GETTING UP

Use the handrail. Going up, lead with your stronger leg; going down, lead with the sorer one. Use a chair with arms.

WATER AND REST

Sip water through the day and aim for a regular sleep schedule. Feeling rested and hydrated makes it easier to stay active.

Everyday habits

- Wear supportive, comfortable shoes
- Walk on flat ground; shorter walks more often are fine
- Use the handrail on stairs
- Get up and move after long periods of sitting
- Use a chair with arms to help you stand

Your quick plan

When	What to do
Morning	Get up and move for a few minutes. A few heel slides in bed are a gentle start.
Through the day	Change position every 30 minutes. Take a short walk if you can.
Evening	Do the moves on pages 3 and 4 at an easy effort.
Bedtime	Set up your pillows for a comfortable position.
Each week	Notice what helps and what doesn't. Call us if things aren't easing.

QUESTIONS? CALL US

(209) 521-1122

Joseph Fair Chiropractic · 1421 Standiford Ave, Suite B, Modesto · info@josephfairchiropractic.com