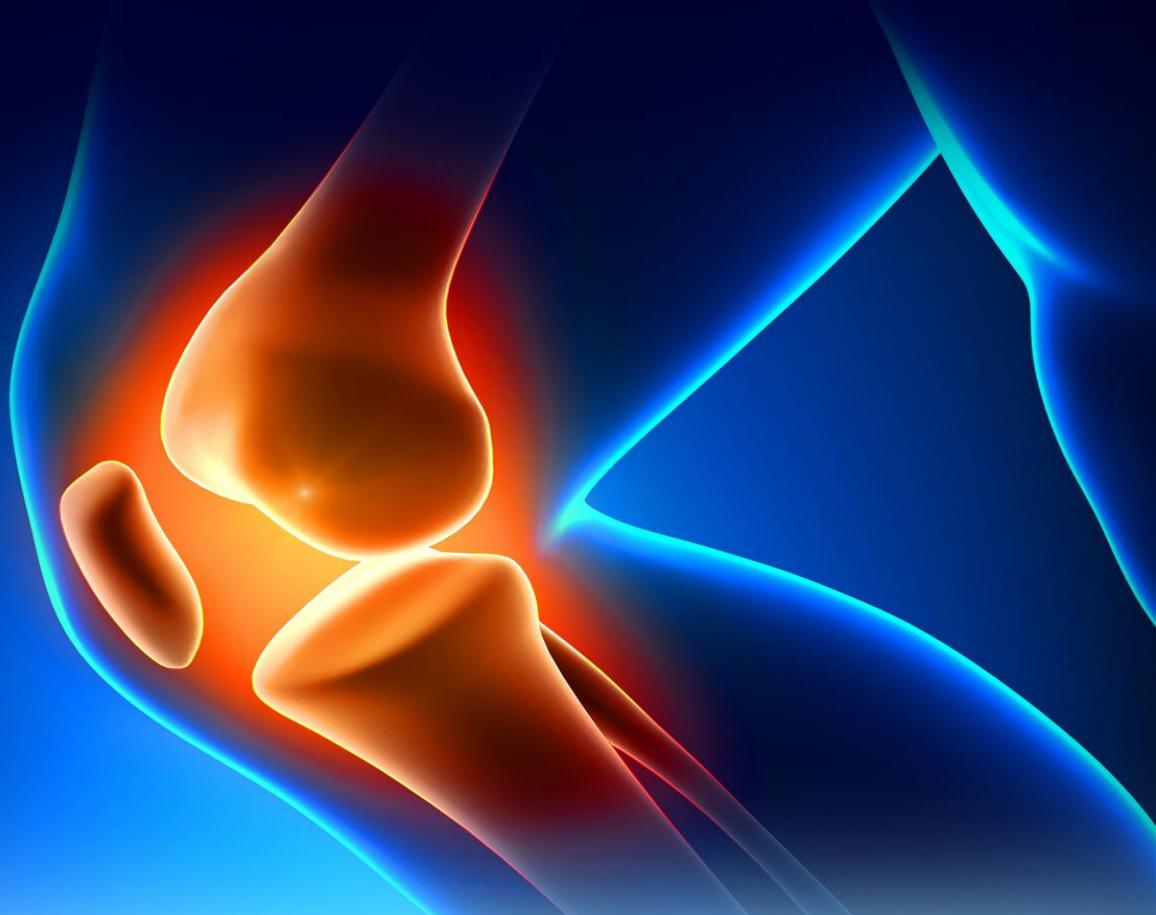


5 WAYS TO END KNEE PAIN... WITHOUT LIVING ON PAIN MEDICATION



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About The Author Tony Tanzi



For 6 years now people have been to see Tony Tanzi looking for answers to concerning questions about, and for, a fast end to their health worries and physical pains and stiffness. Tony has become a trusted Physical Therapist and the Owner of Empire Performance PT.

Tony Tanzi works with people daily to help them return to their active lifestyle while avoiding pain killers, injections or surgery. He earned his Doctorate degree in Physical Therapy from Sacred Heart University in Fairfield, CT in 2011. He also earned a Bachelor of Science degree in Exercise Science from Sacred Heart University in 2008 and later earned his Certified Strength and Conditioning Specialist certificate from the National Strength and Conditioning Association.

Introduction:

In this special report, I share with you 5 special strategies which can work for you, either instantly or over time. These tips are in no particular order but I will tell you that they will all help you! I have no way of knowing which of these tips will give you the best result but I will tell you that doing something as simple as trying one per day over the next few days is a great idea! Before you know it you could be back to your healthy and active lifestyle! You're going to surprise yourself by how much you will begin to feel and live better, in a short amount of time!

5 Ways to End Knee Pain... Without Living on Pain Medication

1. Watch Knee and Foot Position When Squatting/Kneeling

When kneeling or squatting down to the floor, whether it be to lift something up or just to tie a shoe, knee and foot position is important. Your knees should never go in front of your toes when in a kneeling or squatting position. This puts a lot of force and strain on your knees and puts you at risk of injury, especially if you have weight in your hands. To assist with this, your feet also need to be flat on the floor. Going onto your toes, which is a common occurrence with most people, encourages the knees to shift forward.

You also need to pay attention that your knees do not track inward toward each other. Going into what is called a “*valgus position*” in which the knees track toward each other puts a significant amount of pressure on your medial knee. Long term, this could mean increased degeneration and possible tears in the medial meniscus or cartilage. This is also important to pay attention to when standing up and sitting down from chairs.

2. Wear Flat Shoes

Shoes with heels, even just 1 inch of elevation, will change the proper biomechanics of the knee when standing and walking. Unfortunately, most shoes, even athletic shoes, are built up a bit in the heel area. This is a standard in the industry, but has also been looked into recently to not be an ideal situation. When looking for shoes, whether it is athletic, dress, or work, try to find a shoe with as little elevation in the heel as possibly. I understand most women want to wear heels, especially when dressing up. For short periods, such as an evening out, you are OK, but I do not advise it for long term wear.

3. Strengthen Feet

Your feet are the base of the pillar of “you.” If your base is weak, the rest of the structure is weak. Shoes cause the small muscles in our feet and lower legs to shut down. In an ideal world, we could all walk around barefoot to keep our feet strong, but since this is not possible we need to work to keep them strong.

- Arch up: With your foot flat on the floor, try to elevate your arch higher. Do this without scrunching your toes or turning your knee out.
- Big Toe Flexion: Keeping your heel and ball of the foot on the floor, raise up all toes. Then lower the big toe to the floor, keeping all other toes up.
- Big Toe Extension: With your foot flat on the floor, raise your big toe from the floor, keeping all other toes, ball of your foot, and heel on the floor.
- Big Toe and Little Toe Flexion: This is the hardest of the three and takes the most practice. With the ball of your foot and heel down, raise up all toes. Then lower the little toe to the floor while keeping all other toes up. Once the little toe is down, attempt to lower the big toe to the floor. Your ending position should be the little toe and big toe down with the middle three elevated.

These exercises are difficult to do and may require assistance of your hand initially. Be patient and keep working at it. The more you practice, the stronger your feet will be. Spend time being barefoot. When you are at home, take your shoes off and be barefoot as much as possible.

4. Stretch Muscles in Legs

Tightness in quadriceps, hamstrings, and calves can increase pressure on the knees. Keeping the muscles loose takes pressure off the knee joint.

- Couch Stretch: Get on the floor in front of your couch. Bend one knee so that the foot rests on seat area of the couch. Position the other leg so that your hip and knee are both in a 90 degree angle in front of you. Keep your torso as tall upright as possible. Vary the amount of stretch by moving closer or further away from the couch. Hold for 1 minute on each leg.
- Hamstring Stretch: Lying on your back, use a belt, rope, or dog leash to raise one leg up as far as you can keeping the knee straight. Find a position that you feel a strong stretch, but can hold for 1 minute on each leg.
- Calf Stretch: Against a wall or doorframe, place the front of your foot on the wall keeping your heel down. Keep your knee straight. Hold for 1 minute on each leg.

5. Consider Seeing a Physical Therapist

Physical therapists are trained to evaluate and posture, movement patterns, joint restrictions, and soft tissue restrictions that are causing and/or contributing to your pain. We are skilled to treat the areas through different manual therapy techniques and corrective exercises to allow you to return to your prior level of function, pain free, without pain medication.

Conclusion

So, above are 5 strategies that you can begin to do TODAY which will improve your overall health and help you beat your knee pain. There are plenty more ways to beat your knee pain but these 5 tips are a great start to improve your quality of life!

In the upcoming weeks I'll be sending you even more tips and pointers on how to return to your active and healthy lifestyle and how Physical Therapy can make a HUGE difference to your life.

I hope this is the beginning of a great, long-term relationship where I and my colleagues from Empire Performance PT & Fitness become the source of leading edge health advice for you to make a real difference to your life.

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Dedicated to Restoring Your Health,



Dr. Tony Tanzi, PT, DPT, CSCS

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from a licensed Physical Therapist at Empire Performance PT. We are able to offer you this service. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantee of specific results are expressly made or implied in this report.