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KNEE PAIN

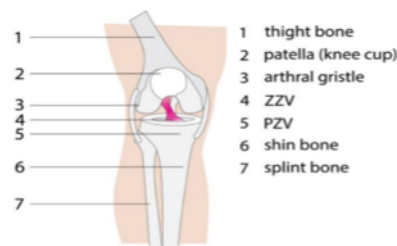


The largest joint in the human body responsible for supporting the entire body weight, allowing us to walk, run, or dance, is the knee joint. Damage to any structure in the knee joint can impact normal movement.

Knee pain is a **common complaint** affecting people of all ages, young and old.

It can be caused by:

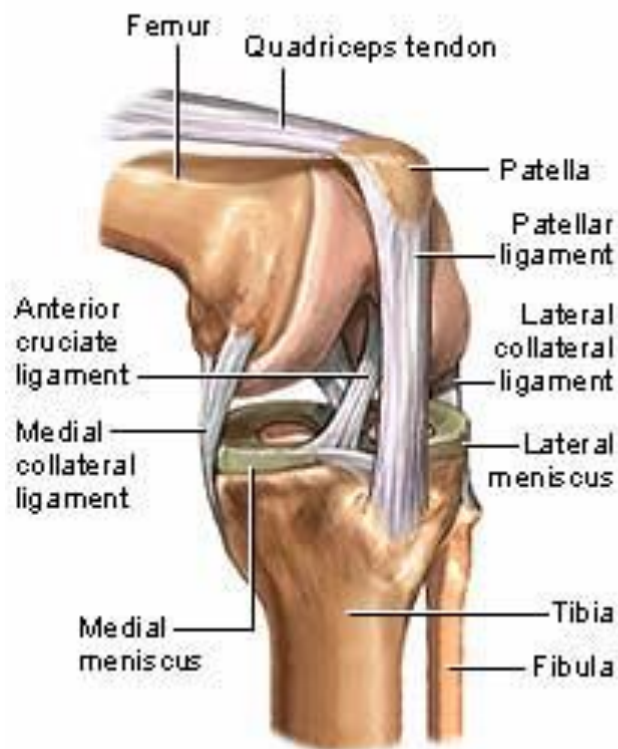
- Injuries
- Ligament tear or
- damage to the menisci,
- Osteoarthritis. / Degenerative Joint Disease.
- RA: Auto-immune disorders
- Gout: Accumulation of metabolic products in the joint spaces



knee anatomy and injuries



Normal anatomy



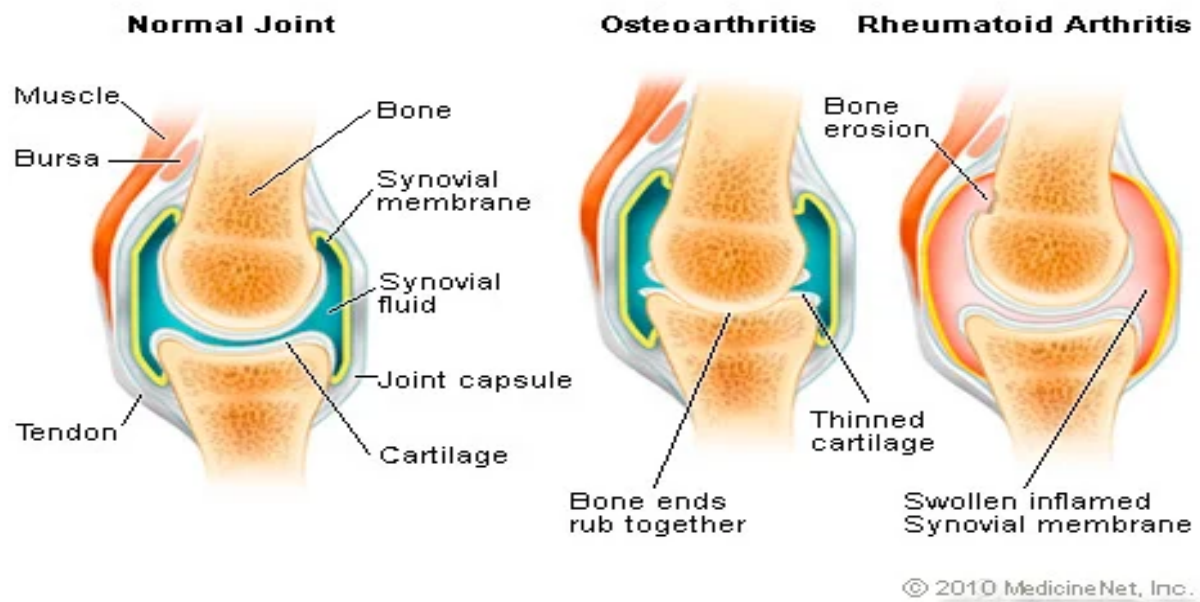
Location of pain



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SYMPTOMS OF KNEE PAIN

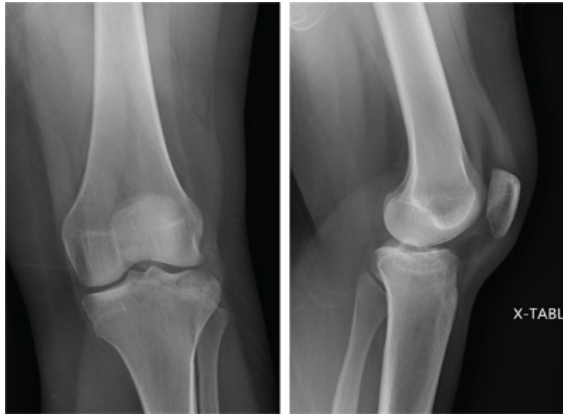
- Redness and warmth to the touch.
- Experiences severe knee pain associated with an injury.
- Weakness or instability.
- Stiffness and swelling.
- Popping or crunching noises.
- Inability to fully straighten the knee.
- Observation of an obvious deformity on the leg or knee
- Elevated body temperature
- Pain and swelling of the knee



DIAGNOSIS.

In addition to a complete medical history and physical exam, other tests for knee problems may include:

- X-ray, which uses invisible electromagnetic energy beams to make images of internal tissues, bones, and organs onto film.
- Magnetic resonance imaging (MRI) is where there is the employment of large magnets, radio frequencies, and a computer to make detailed images of organs and structures within the body; can often determine damage or disease in a surrounding ligament muscle.



X-ray = BONE



MRI = SOFT TISSUE

- computer technology to make horizontal, or axial, images (often called slices) of the body. A CT scan shows detailed images of any part of the body, including the bones, muscles, fat, and organs. CT scans are more detailed than general X-rays.
- Arthroscopy is a procedure whereby the insertion of a small, lighted, optic tube (arthroscope) into the joint hence projection of inside images of the joint onto a screen. It is used to evaluate any degenerative or arthritic changes in the joint, detection of bone diseases and tumor, and determination of the causative of bone pain and inflammation.
- Radionuclide bone scan is a nuclear imaging technique that uses a minimal amount of radioactive material injected into the patient's bloodstream to be detected by a scanner. This test shows blood flow to the bone and cell activity within the bone.

TREATMENT

The treatment options for knee pain vary from conservative physiotherapy, medications to surgery.

Knee replacement surgery

Knee replacement is advisable only in the cases of:



Osteoarthritis:

It is the most common indication for knee replacement.

Rheumatoid arthritis:

In some cases, rheumatoid arthritis can rapidly progress, causing irreversible damage despite medical therapy. In such situations, surgery can provide permanent relief.

Deformities:

People presenting with conditions such as bow legs or knock knees may be due to congenital conditions or improper fixation post fractures. Restoration of function and posture can be achieved by knee replacement.

Knee injuries:

Fractures or ligament tears beyond repair may require joint replacement for the relief of symptoms.

PREVENTION**Healthy weight maintenance**

Every extra kilogram of weight increases the weight-bearing joints' strain, leading to an increased risk of injury or osteoarthritis. Abstinence from excess weight gain is crucial.

Practice regularly and adequately

Proper and professional employment of healthy techniques and movement during sports or exercise practices.

Simple Exercises & Stretches

To Keep Your **Knees Strong & Healthy**



Body conditioning

In cases where job or participation in sports has particular demands, proper muscle preparation is essential.

Strength and flexibility improvement



KNEE SUPPORT PRODUCTS BY BAX-U

5 ACTIVITIES THAT MAKE KNEE JOINT PAIN BETTER

FIVE SAFE EXERCISES RECOMMENDED BY THE MEDICAL PROFESSIONALS

- ALL WATER AEROBIC EXERCISE**
These are probably the number one exercises you can do because they put virtually no pressure on your joints at all. They have a supported by water, yet water resistant exercises give you a good workout.
- WEIGHT TRAINING**
Lifting light to moderate weights is helpful for strengthening your bones and ensuring you don't lose muscle mass. Since you're working out in a more controlled environment, you can take care not to overstrain your knee joint like you would with running on a hard surface. Strengthening your muscles is important for all age groups.
- STRETCHING**
Anyone can do simple stretching. This will be especially beneficial to you if your joints have tightened up from lack of use. Simply walk any exercise you do, and work simple stretches to warm up your muscles. There is lots of a chance for injury when you warm up first.
- EXERCISE MACHINES**
Exercise bicycles and elliptical machines are helpful for those suffering from knee joint pain. You can work out your legs without applying much pressure or stress. These are also good for a cardio workout as well.
- WALKING**
Walking is one of the safest and easiest exercises you can do. You don't need any equipment, just a good pair of shoes and some knee stabilizers. You can change the pace that's comfortable for you. Consistency in your walking routine is the key.

The role of posture and correct mechanical loading on the body is extremely important in the road to knee pain recovery. Address your posture first and follow your core and balance exercises recommended. Your results will be much faster.

Other Posture Support Products Include: BAX-U posture products:



BAX-U Posture Brace VS Other Products

	Shoulder Freedom	Soft on the skin	Adjustable Chest & Shldr	University Studies	FSA/HSA covered
	Y	Y	Y	Y	Y
	N	Y	Y	N	N
	N	N	Y	N	N
	N	N	Y	N	N

Doctor Recommended Home Relief Kits



DOCTOR RECOMMENDED HOME RELIEF KITS

www.BAX-U.com
866 866 BACK





Thank you!

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References:

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