

FREE PATIENT GUIDE

Knee Pain Recovery Guide

A simple, printable roadmap from Life Aligned Wellness Center, Tucson.

Knee pain often isn't just a knee problem. Your knee sits in the middle of a chain that includes your feet, ankles, hips, and low back, and when one of those isn't pulling its weight, your knee absorbs the extra stress. Lasting relief comes from understanding **why** your knee hurts, not just **where**.

Quick Symptom Check

Tick what sounds like you.

- ☐ Pain going down stairs, bending, or squatting
- ☐ Aching on the inside of the knee
- ☐ Pain that started gradually, no clear injury
- ☐ Stiffness in the morning or after sitting
- ☐ Swelling, clicking, or a knee that feels unsteady
- ☐ Pain that keeps coming back no matter what

Common Causes

Most knee pain is about load, not bad luck. It can come from the joint itself — arthritis, meniscus irritation, tendon overload, or patellofemoral pain (runner's knee). Just as often, the real drivers sit elsewhere in the chain:

- Limited ankle mobility
- A foot that collapses when you walk
- Weak hips or glutes
- Altered walking patterns overloading the knee

DO — during a flare-up

Keep moving gently within a comfortable range, take short walks, apply heat for stiffness or ice for fresh swelling, and pace activity across the day.

DON'T

Rest completely for days, push through sharp pain, or wait for pain to vanish before rebuilding strength. Prolonged rest leaves the joint weaker and more sensitive.

Starter Mobility & Strength Routine

The knee rarely works alone — this covers the ankle and hip too. Move slowly, once daily, most days. Mild discomfort is okay; sharp pain means stop.

- 1 **Ankle rocks:** in a lunge, rock your front knee over your toes. 10 each side.
- 2 **Heel slides:** lying down, slide your heel in to bend the knee, then straighten. 10 reps.
- 3 **Quad sets:** leg straight, tighten your thigh and press the knee down. Hold 5s, 10 reps.
- 4 **Glute bridges:** on your back, knees bent, squeeze glutes and lift hips. 10 reps.
- 5 **Sit-to-stands:** rise from a sturdy chair and sit back slowly. 8–10 reps.

When to Seek Care Right Away

See a provider promptly for a hot, red, swollen knee with fever; severe pain or inability to bear weight after a fall or twist; a knee that locks or gives way; sudden significant swelling; or calf pain, warmth, and redness. These need medical attention, not a home routine.

Ready for a Plan Built Around Your Knee?

In the office we assess your whole movement chain, from feet to low back, and build a phased, non-surgical plan that gets to the root — so your knee no longer has to compensate.

SCHEDULE YOUR ASSESSMENT TODAY



SCAN TO BOOK