



## Daily Care for Knee Pain (Rheuma)

### 膝關節疼痛（痺症）的日常保健(英文)

Knee pain is a common disease among middle-aged and senior. Knee joint is the largest joint of human body and also one of the joints most susceptible to aging. Its main function governs the walking and jogging motion of human body. Because it is the largest joint, it is also the joint most easily hurt. The lesion on the joints will result in knee pain and eventually prevents one from walking.

There are many reasons to knee joint lesion in middle-aged and senior. It could be degenerative arthritis or gout, rheumatoid arthritis, and even the infectious arthritis caused by bacteria infection, or the tissue inflammation surrounding the knee, or even the lesion on hip joint or the spines that transmits to the knees and cause knee pain.

#### Food

- Supplement collagen and protein from black-boned chicken, silver ear mushroom, eel, sea cucumber, pig knuckle or tendon, chicken feet or tendon, milk, fresh fish, pork spine soup, seaweed, meat, small dry fish, tofu, and green vegetables.
- Prohibited food : coffee, tea, fast food, cold drinks, roasted, dee-fried, spicy food, smoke, and alcohol as well as other stimulating food.

#### Exercises

- Bicycle riding, swimming and training the muscles on knee areas will reduce burden on the knees.
- Motions to be avoided: Avoid squatting, kneeling, siting on bench, mounting climbing, stairs climbing, jobbing, lifting heavy objects, and intense exercise to reduce pressure on the knee joints.

#### Precautions

- Weight loss. Overweight will bring excessive burden on the knees and wear out the knees easily.
- Stay under the sun to promote the synthesis of Vitamin D3 and prevent calcium loss.
- Avoid slipping and injury that will result in bone fracture. Choose proper walking aid.
- Protect the knee joints properly, and keep the knee warm and away from cold. Protect the knees and do not overuse it. For any pain, put on kneepad for protection.

- Train the quadriceps to reduce pressure on the knee bone and thigh bone.
- For knee pain, use hot compress to relieve the pain. Pay attention to the water temperature and do not burn the skin.

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