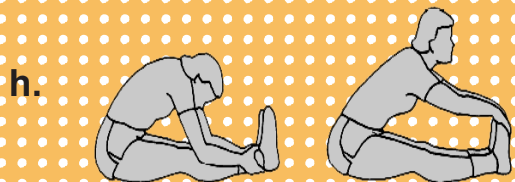
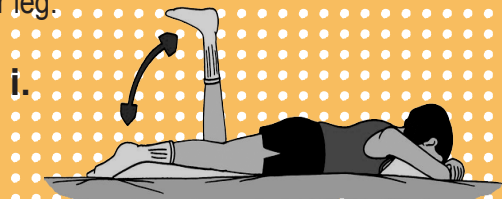


Sit on the floor, sofa or bed with your legs outstretched and knees straight. Bend forward so as to hold your toes with your hands. Hold for 5 counts and relax. Repeat until you have done 10 moves.



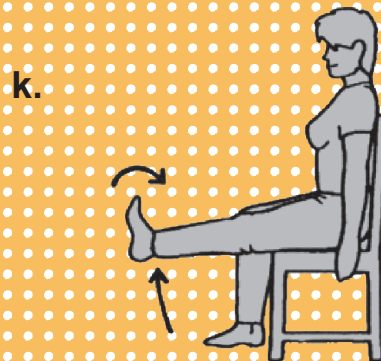
Lie on your stomach with your legs outstretched. Keeping one leg bend the other leg from the knee. Hold for 5 seconds and relax then repeat until you have done 10 contractions or the number that you can comfortably bear. Repeat the exercise with the other leg.



Sit up tall with both legs extended straight in front of you. Your feet should be at neutral — not pointed or flexed. Place your palms on the floor and slide your hands toward your ankles. Hold for 30 seconds.



Sit upright on a sofa or chair with your back straight. Straighten one leg from the knee. Hold for 5 seconds and lower it down then repeat until you have done 10 contractions or the number that you can comfortably bear. Repeat the exercise with the other leg.



***** For detailed information on the health of your knees and joints, or for emergency medical attention consult us on 0722 935706.**

Arthritis Hurts

Talking helps

Don't suffer in silence

Nairobi Arthritis Clinic.

Fortis Suites, 1st Floor, Suite no 10, Hospital Road,

P.O. BOX 19701 - 00202 KNH, Nairobi - Kenya

Tel: +254-20-2729905 / 2711134,

Clinic Cell: +254 727 935 706 / 735 513 816

Email: geomondi@hotmail.com; nairobiarthritis@gmail.com

NAIROBI ARTHRITIS CLINIC

DR. OMONDI OYOO AND ASSOCIATES

CONSULTING PHYSICIANS AND RHEUMATOLOGISTS

KNEE PAIN

Knees are vital for movement at any given time and knee pain is not only uncomfortable, it is always very distressing. The following instructions and exercises will help prevent knee pain.

- ▶ **Maintain ideal body weight.** Avoid excessive weight gain.
- ▶ Do not bear weight on any one leg. Bear equal weight on both knees in any position as far as possible.
- ▶ When sitting for prolonged periods of time limit the moments that you are sitting cross-legged.
- ▶ When in severe pain avoid any form of vigorous massage.
- ▶ Limit your intervals of standing at any given time. Avoid standing for long periods.
- ▶ Limit your squatting and stair climbing activities. **Undertake only what your body can sustain.**
- ▶ Exercise regularly.
- ▶ Always maintain a positive mental attitude.