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Knee Pain Treatment

In my last post on knee pain, I discussed the [causes of knee pain](#). In this post I'm going to refer back to the causes when referring to different treatments as certain treatments correspond with specific causes of the pain in the knee.

With that said, let's talk about how you can treat knee pain.

Strength Training Exercise for Knee Pain

With a proper strength training & exercise routine you can easily get rid of a lot of knee pain. The majority of workouts are terribly formed (if they have any form or plan whatsoever) and cause a lot of issues with muscle imbalances, dysfunctional muscle and weak supporting musculature.

By adjusting your strength training program (I recommend following a program from someone who knows what they're talking about rather than trying to make your own up unless you have a good understanding of what you're doing - in which case you probably wouldn't be reading this).

Here are four pieces of advice I learned from Mike Robertson of [Bulletproof Knees](#) when it comes to strength training for optimum knee health (and minimum knee pain):

1. Train the gluteals. Yes, your gluteals are important for optimum knee health. Due to living in a society where sitting down is prevalent, many people develop an anterior pelvic tilt - meaning the front of our legs becomes short & stiff, putting excess strain on the front of the knee joint, which causes knee pain.

The gluteals are a major muscle in the posterior chain (the back of your legs), and by training your glutes you get them involved and they take a lot of the strain off the front of your knees.

2. Strengthen the posterior chain. This is tied closely with training your gluteals. Often the posterior chain is the most underdeveloped area in athletes & strength trainers. The posterior chain includes your glutes, hamstrings, calves & spinal erectors (don't worry too much if you don't know what those are - the spinal erectors & calves don't have much to do with knee health).

By focusing on strengthening your posterior chain, you'll reduce the anterior pelvic tilt (and eventually get rid of it) and drastically increase your knee health so you'll experience much less pain.

3. Strengthen the quads. I know, this is on the opposite side of the legs, what the heck? The quads are often underdeveloped as well, and although it may seem contradictory to the previous two tips, you most likely still need to strengthen your quads as well.

4. Single leg work. Single leg training improves the balance of strength between limbs. When one leg is weaker than another, movements like squats tend to favor the stronger leg, which leads to underdevelopment of the weaker leg.

Single leg work has a number of other benefits for optimal knee health, but that's for another place another time.

Following these 4 strategies and using an effective strength training routine will deal with a number of the causes of knee pain including:

- Suboptimal muscle function & strength, poor strength in surrounding musculature & somewhat deal with biomechanical alignment.

In [Bulletproof Knees](#) Mike Robertson goes much more in-depth on each of these points and more when it comes to strength training and gives you step-by-step instructions on applying the advice in your program (and even shares a full "no-more-knee-pain" program).

If you grab a copy through any of my links & forward me the receipt, I'll also give you a bonus strategy for getting

even better & faster results with your strength training.

Mobility for Knee Pain Relief

This deals with the "poor mobility at adjacent joints" cause of knee pain. The two main joints you need to focus on are the hip & ankle joints, but you should be trying to get your entire body mobile as it's not just your knees that are affected by a lack of mobility.

I have a mobility routine that I follow, but there's no room in this post to share it. Mike also covers mobility in depth in [Bulletproof Knees](#).

Soft Tissue Knee Pain Treatment

There are two components of soft tissue that you need to be aware of when treating knee pain. First is the length of the tissue, second is the quality. The length can be improved with a series exercises including dynamic flexibility exercises, static stretching & eccentric quasi-isometrics.

The quality can be improved with foam rolling and different types of massage. By improving the length and quality of your soft tissue, you reduce the excessive tension in surrounding muscle and fascia, a major cause of knee pain.

All of this & more is covered in great detail in [Bulletproof Knees](#). I know it sounds like I'm trying to sell BK, but the truth is there's no way I can even begin to cover everything Mike does, and I wouldn't even try to as he knows way more about the knee than I ever will, so I honestly believe it's in your best interest to get a copy of [Bulletproof Knees](#) if you want to live without pain in your knees.

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