

KNEE PAIN

Knee pain can be a product of many things, this item is not a cure but a suggestion of ways to deal with it.

I have severe osteoarthritis in both knees and in 2008 was diagnosed needing both knees replaced.

I did not have either operation and here in 2013 am still squatting and competing albeit in a limited fashion.

The problem with my squat is not the actual squat but having to step back away from the rack, being on one leg for even a brief time is very difficult as I have no cartilage left and am unstable because of it.

I am able to still squat because of the Box squat (although in my case I use a bench) using the box enables me to unload at the bottom thereby reducing the stress on the knee joint but still being able to maintain the exercise.

Doing this exercise has kept my muscles and tendons strong and created good bone density and in doing so reduced the actual wearing of the joints.

The problem with arthritis is the pain which causes most people to reduce their activity and in doing so causes the arthritis to get a better hold, lack of activity means less blood flow, so the body tries to repair the damage to the joint causing less mobility and more pain long term.

I have arthritis in both knees, both hands, my right shoulder, right elbow and lower spine but still train three times a week and after fifty five years of training am not going to stop any time soon.

Wear and tear of joints can come to you and any age from a variety of reasons none of them means to have to stop doing what you do, it just means you have to find a way around it.

There is lots of information out there especially on Youtube so have a look and don't give up.

For a full explanation on the way to box squat with knee pain go to

CFJ Starrett " solving knee problems " . KNEES 2., TISSUE REPAIR, all of which are on Youtube.

If you cannot get on the net try this,

Use a bench but raise it up so you are above parallel at the bottom, if you knees are really bad six to eight inches will give you a start point.

Straddle the bench with feet well outside the shoulders and feet pointed forwards, start to sit but push out your butt and sit as far back as you can. At first you may collapse but do not worry after sitting you must ROCK forward to get up without letting your knees come forward over the feet.

This may sound strange but when you try it you will soon get the idea.

Do not use any weight in the beginning just get used to the movement, the Key is getting your butt back as far as you can so you legs will not be at right angles and your knees will not be over your feet but well behind them.

You will have to rock your body forward to get up keeping your knees where they are and stand up locking your legs out at the top.

As you get used to the exercise lower your height until you are at parallel or slightly below do not try to go to a full squat depth until you have mastered the exercise and your knee pain diminished.

I hope you find this helps any of you with knee pain because it has and still is working for me.

I also suggest you use knee wraps initially depending how far your knees have deteriorated, mine are pretty far gone. So much so that broken cartilage moves around and sometimes before I squat there are small nodules on the front of the joint. However after wrapping and completing my squat workout they disappear and my knees are smooth again.

My training partner Richard Crossland can verify what I am saying even if sometimes it makes him cringe to see it.

I have very little knee pain now but as I have osteoarthritis I cannot walk far or climb very well, but if I take my time I can still function as normal and do not need a cane but if I am going a long walk I use a ski pole and find that helps a lot.

Good luck with your training and I hope some of this helps.

Roy Olsen