

Tips for Preventing Arthritis of the Knees or Reducing Arthritic Pain

To improve your knee function, follow the measures listed below. They may seem inconsequential, but together they can improve the quality of your knee and your life.

- 1) Achieve an optimal body weight. A reduction of one pound of body weight can relieve four pounds of pressure on your knee.
- 2) Wear shock-absorbing shoes and avoid hard surfaces.
- 3) Plant a SEED (Safe Exercise Every Day) in your life. Reduce or avoid jumping, twisting or contact-related sports. Below are the Top 10 recommended activities. Gradually work up to 30-45 minutes per day.

1. Swimming	6. Walking
2. Aquatic Exercise	7. Golf
3. Biking	8. Hiking (light)
4. Healthrider or similar equipment	9. Cross-country skiing
5. Rowing Machine	10. Low-impact aerobics

- 4) Proper Nutrition can contribute to healthy knees and a healthy lifestyle. Eat a balanced diet while minimizing your fat intake. Also, vitamin and mineral supplementation is advised. The following guidelines are recommended for daily intake:

Calcium 600-1200 mg (supplement), or One quart skim milk,
or 2000 mg total dietary calcium

Vitamin D 400-800 IU (international units)

Vitamin C 1000-2000 mg sustained release

Vitamin E 400 IU (international units)

Multi-Vitamin 1 per day that includes trace minerals (such as Centrum)

YOUR WEIGHT:	less than 120 lbs.	120-200 lbs.	greater than 200 lbs.
Glucosamine	1000 mg	1500 mg	2000 mg
Chondroitin	800 mg	1200 mg	1600 mg

(Divide into AM and PM doses)

We hope that your knee(s) will improve. If not, additional treatment may be required.