

# Rehabilitation Exercises to relieve knee and other pains

by Akira Hoshino, November 2024

In my late 60s, I felt occasional knee pain. I continued taking supplements that are effective for knee pain in TV advertisement, but two months after I started tele-working at home in my late 70s due to the COVID-19 pandemic, going up and down stairs became painful. I found that the supplements were ineffective, so I went to an orthopedic clinic. An X-ray showed that I still had some knee cartilage left, so I was told that I could relieve my knee pain by strengthening my feet muscles. I have been taking rehabilitation exercises once a week for five months. During that time, I did the same thing at home almost every day.

## 1. Basics

First, have your knee X-rayed at an orthopedic clinic. If it is confirmed that there is still knee cartilage remaining, rehabilitation exercises are recommended. Get a prescription for an ointment to relieve muscle pain.

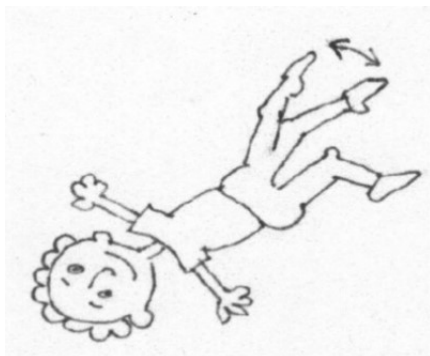
- Strengthen the quadriceps (relieve knee pain)
- Strengthen the abdominal muscles (relieve back pain)
- Strengthen and stretch the back muscles (relieve back pain)
- Stretch the calves and Achilles tendon (relieve Achilles tendon pain)
- Relieve joint pain in the shoulders, fingers, etc.

Doing only one or two types of rehabilitation exercises will make you bored and will end in a short time, so it will not be very effective.

Doing a variety of rehabilitation exercises will be effective in about 30 minutes. Recommended for people who are reluctant to go for walks.

## 2. Rehabilitation exercises while lying down

- (1) Exercises in which you lie down and lift one leg and move it horizontally repeatedly from side to side



Lie on the mat and raise one knee. Raise the other leg slightly and move it horizontally from side to side 10 to 20 times. Then move the other leg in the same way. Rotate your both wrists while doing this exercise.

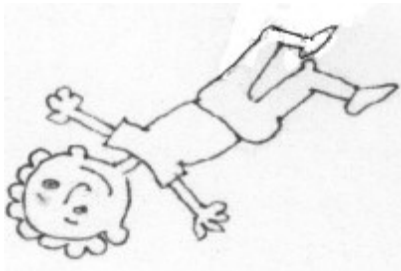
- (2) Lie down and place a ball between your knees, lift one leg up and down, and repeat this exercise.



Lie on the mat, bend your knees and place the ball between your knees. Raise the toes of one foot slightly and move them up and down repeatedly 10 to 20 times.

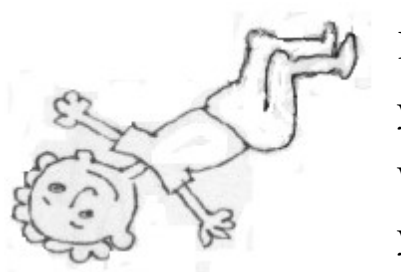
Move the other foot in the same way. If possible, lift your hips.

- (3) Stepping exercise with your hips raised while lying down



Lie on the mat and raise your knees. With your hips slightly raised, tap your feet 10 to 20 times.

- (4) Exercise your abdominal and quadriceps muscles with your thighs vertical and your shins horizontal.



Lie on the mat, raise your both knees and lift your toes. Count to 15 while rotating your wrists as you do this exercise. Next, move your legs like you're pedaling a bike and count to 15. Repeat this for one minute.

- (5) Back stretch



Sit on the mat and bend forward with your back straight. Stay in that position for about a minute.

### 3. Standing rehabilitation exercises

- (1) Neck exercises

Rotate your neck 15 to 20 times.

(2) Swinging your arms around



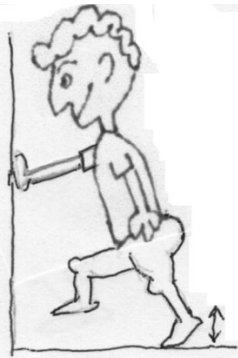
Rotate each arm in a circle 15 times.

It's difficult when your shoulders hurt, but you have to endure the pain; in other words, rotate your arms until it hurts. When your body is in pain, it seems to work to repair itself. I think

(3) Arm move to back exercise

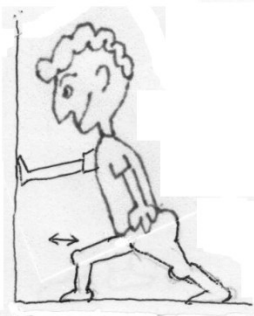
While enduring the pain, put your arm behind your back. Place your other hand on the back and push up. In my case, it was cured when I heard a cracking sound. It seems that calcium is deposited in the joint and causes pain. By rotating your arm behind your back, you can peel off the deposited calcium.

(4) Toe exercise (toe joint exercise)



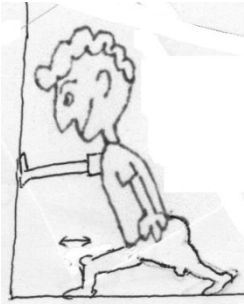
As shown in the left figure, place your right hand on a wall or pillar, move your left foot slightly back, and lift your right foot. Then, move your heel up and down using the toes of your left foot as the axis. After doing this 15 times, do the same with the other foot. Do this movement three times each.

(5) Calf and Achilles stretches and quadriceps exercises



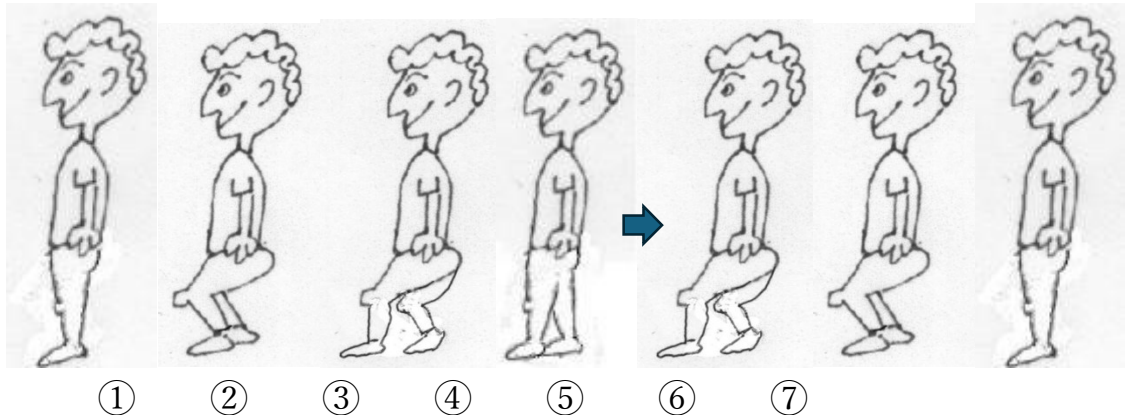
As shown in the left figure, place your right hand on a wall or pillar, move your left foot slightly back, and bend your right knee forward. Place the heel of your left foot firmly on the floor. In this position, move your right knee forward and bend it slightly as if you are squatting, then immediately return to the original position. Repeat this 15 times. Do the same with the other leg.

(6) Toe joint movement



While maintaining the above posture, bend your left toes and squat down slightly, then return to the original position. Repeat this 15 times. Do the same with the other leg.

(7) Leg quadriceps exercises for legs

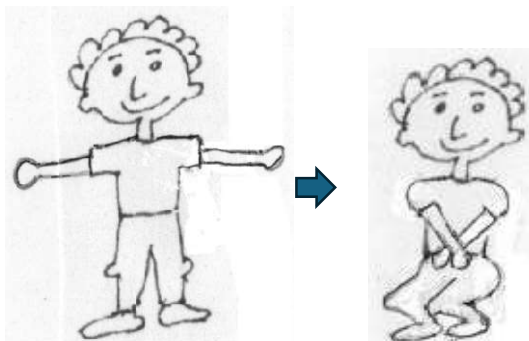


- ① Stand normally.
- ② Bend your knees slightly.
- ③ Keeping your knees bent, move your right foot slightly back.
- ④ Stand upright.
- ⑤ Bend your knees slightly.
- ⑥ Move your right foot back.
- ⑦ Stand upright.

Repeat the above exercise 10 to 20 times.

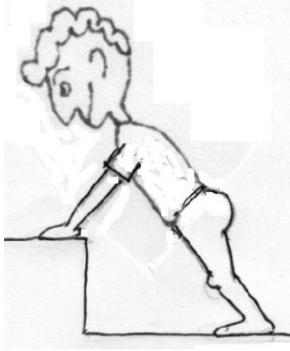
Repeat with the other leg.

(8) Foot flexion and extension



Spread your arms as shown in the left image, then bend and clasp your hands together. Open your hands as you stand up. Do this exercise 10 to 20.

(9) Oblique push-up exercise



Place your hands on the desk as shown in the left image, move your feet back, and do push-ups at an angle. Do 10 to 20 repetition

(10) Indoor running exercises

You can start this type of running exercise after you have been doing the rehabilitation exercises above for about a year and have built up muscle mass.

Do some light running indoors. You can run around the room in circles or back and forth. Do this for about 1 to 3 minutes.

That's all.

I think it will take about a year for the pain to go away. If you get muscle pain, take a few days off, but it's important to keep going and not give up. Let's do your best.

I sincerely hope that your knee pain and other age-related pain will go away and that you will be able to live healthy days.

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