

Knee pain GUIDELINES

Our program includes 3 important supplements for accelerated recovery as well as food recommendations and a combination of treatments designed to ensure effective recovery from injuries.

Because of the position in which our knees are located, they play a large roll in every aspect of our lives. From sensory information to balance and mobilization of our body. Knee pain can start from very minor injuries such as overuse to very serious injuries like tearing a ligament or meniscus. Knowing what is causing the knee pain is the first step in being able to properly treat it and get it taken care of.

SUPPLEMENT RECOMMENDATIONS

- 1) **Omega 3** (fish oil): 2.6 g per day of EPA/DHA. You must look at the EPA/DHA content, not just the total mg of fish oil. Our Xymogen Omega MonoPure has 860mg per capsule so we suggest **1-2 capsules per day**.
- 2) **CurcuPlex 95**: A Turmeric based anti-inflammatory: Take (5-10 pills a day) to reduce inflammation. The therapeutic effectiveness of basic curcumin is limited due to its poor absorption from the gastrointestinal (GI) tract. CurcuPlex 95 is formulated to increase the amount of curcumin absorbed and bioavailable.
- 3) **Vitamin D**: Ideally, we would want a blood test to see what your levels are, which should be between 60 and 80. A generally safe starting dose would be minimum 5000 IU per day for 2 weeks following the injury.

SELF CARE

- 1) NO SUGARS, including FRUITS. These will ramp up INFLAMMATION.
- 2) NO GLUTEN (wheat, barley, rye, oats). This can be inflammatory.
- 3) NO processed foods like cereal, breads, pasta, chips, cookies, etc. If it comes in a box or is made in a factory, don't eat it.
- 4) So what do you eat? Get a wide variety of vegetables, olive oil, avocados, nuts, coconut oil, organic meats, wild caught fish (make sure not from China due to pollution), beans.
- 5) Colorful fruits are high in antioxidants like with vegetables. These antioxidants are powerful in reducing inflammation, especially in the joints of the body. Blueberries specifically are high in anthocyanins, one of the most powerful flavonoids which turn off inflammatory responses throughout the body.
- 6) Apples are also very anti-inflammatory and are rich in fiber, which will also provide added gut health benefits.
- 7) Rest, but not too much. Activity is generally good as it keeps the muscles around the knee warm and also increases the blood supply to the area helping in healing. But too much activity, or activity on a severe injury can cause more harm than good.
- 8) Ice if the injury is recent (the last couple of days) and swelling is present. Once the swelling goes down though, discard the use of ice.
- 9) Check your shoes and arch support. Walking or running in shoes that don't provide the foot the support that it needs often leads to knee pain.
- 10) Massage is a great way to relax the muscles supporting the knee joint and to remove scar tissue that is present, causing pain and inflammation.

PROFESSIONAL CARE

- 1) Consider one or all of the following treatment modalities to help your body be in a position to recover quicker. Advanced Muscle Integration Technique (AMIT). Muscle activation will help ensure all of the muscles crossing the knee joint are functioning the way they are supposed to, adding support and protection of the knee joint. Frequency Specific Microcurrent (FSM) and Laser treatments 2 times per week for 2-3 weeks. These will stimulate the body to heal faster, calm down the immune reaction and inflammation, and help stimulate new nerve connections. We can email you a link to the **current research** which supports the importance of these therapies. info@utahsportsandwellness.com

link to more information on AMIT: <https://www.utahsportsandwellness.com/muscle-reactivation/>