Knee pain affects numerous people, and it is predicted that by age 85, half the American population will experience a knee condition.

This percentage increases to 66% if you are obese or have extra weight, as the lower extremities support all our movements and are exposed to great pressure.

Knee pain can be a result of osteoarthritis, over-taxation, and injury, but it can be relieved with the help of some simple stretches. You can find the stretches in the video below:

**To support the health of your joints, you should make sure you:**

* Consume a healthy diet, rich in vitamin D, calcium, and magnesium
* Maintain a healthy body weight
* Strengthen the surrounding muscles in order to lower joint stress
* If you are leading a sedentary lifestyle or your work requires sitting, you should get up every 10 minutes in order to maintain mobility and generate pain
* Do not try some vigorous exercise in order to prevent further complications, and walk or try pool aerobics instead, which will preserve the joint mobility
* Always do some warming up before exercising, and be cautious while stretching cold muscles. To strengthen the joints, you can do a brisk 10-minute walk, and try stretching afterward.

When it comes to topical applications of some natural remedies to soothe the knee pain, you should definitely try the following:

* Joint is often a result of a vitamin D deficiency, so make sure you enjoy the sunlight for 20 minutes daily, without applying sunscreen.
* The antioxidants in Cayenne inhibit the pain transmitters, and arnica loosens the joint and thus supports mobility.
* Lemon peels support the blood flow and reduce the swelling. Therefore, just grate the lemon rind, squeeze the pieces together, and apply them to the knee. Then, cover the area with gauze and leave the lemon peel to act for 2 hours.
* Epsom salt is high in magnesium, so you can apply it directly on the painful areas. The skin will absorb the mineral, and this will soothe the pain and inflammation. You can also dissolve 2 tablespoons of it in half a cup of water, soak a cotton cloth in it, and apply it on the joints. Leave the compress for 20 minutes, and then wash it off. Moreover, you should occasionally enjoy a whole Epsom bath, as the magnesium will stimulate the production of serotonin, and relax your entire body.
* Ginger is another powerful natural anti-inflammatory.
* Coconut oil has potent anti-inflammatory properties as well, so warm a teaspoon of it between the hands and rub your knees, first clockwise, then counter-clockwise for 10-15 minutes.

To soothe knee pain, you should also consume the following foods:

* Gelatin is high in collagen, a component of the bones and connective tissue, which soothes pain and improves mobility. You can add plain gelatin to smoothies, and yogurt, or mix it with honey, herbs, fruit juices, and spices.
* Vitamin D is found in a few foods, like eggs, mushrooms, organic orange juice, and fatty fish, such as tuna, wild salmon, mackerel, and sardines.
* Herbs: To alleviate pain and soothe the inflammation, you should use evening primrose, stinging nettle, and Boswellia.
* Spices with anti-inflammatory properties include ginger, cayenne, turmeric, and cinnamon.

To sum up, to prevent and relieve knee pain, you should get enough sleep, be physically active, eat well, and maintain a healthy body weight.

Source: [dailyhealthpost.com](https://dailyhealthpost.com/stretch-stops-knee-pain-fast/)

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