

Is Walking Good For Knee Pain?

Walking can be difficult when you have **knee pain**, but walking with a sensitive knee helps maintain your function and reduce your symptoms. As a result, the regular schedule reduces stiffness and swelling. Walking is vital to a healthy lifestyle to keep bones strong and your joints working. If you are suffering from knee pain due to osteoarthritis or other reasons, then starting a walking program will prove to be beneficial. Keep in mind that before taking any step for the [knee treatment](#), please consult a **knee doctor**.



Why Walking is good for Your Knees

The knee joint of the human body is made up of bone and cartilage. With no blood supply to the cartilage, it is fed by the heart's pumping action and therefore depends on joint fluid for nourishment. Moving your joints gives cartilage the nutrition it needs to stay healthy. Plus you help them keep up with their work.

Here is the list of Tips for Walking with Sensitive Knees-

Schedule your walk:

If you are unable to walk due to knee pain or have just started your walk, then you should plan to walk in the beginning and then increase the time continuously. As a result, it will be helpful to break your walk into 10-minute segments with an end goal of 30 minutes per day. Start at an easy or moderate pace with endurance. At a minimum, aim to walk 2.5 to 3.5 mph that you find challenging.

Choose a softer running surface:

Choose natural surface trails to walk on, rather than dirt, bark dust, and pea gravel. Natural surfaces are easier to walk on and uneven, natural surfaces provide more balanced exercise.

Use insert:

Avoid arch supports and shoes that have a high amount of arch support in case your knee is sensitive. To move your foot as naturally as possible, you can use over-the-counter orthotics that provide cushioning and support.



Choose the Right Shoes:

Choosing the right footwear for daily walks, the shoes you choose should be flat and flexible, and slanted from heel to toe. Avoid high heels, pointy toes, and heavy shoes for walking. A 1.5-inch-high heel can increase pressure on two common sites for osteoarthritis damage of the knee.

Aim to walk 6000 steps per day:

Set a goal of walking 6000 steps per day for sensitive knees. If you wear a pedometer to count all your steps or use a phone app to track your steps, it's good. If you can eventually overcome it regularly without aggravating the pain, that's good. According to [knee specialist](#), People with osteoarthritis knee pain benefit most from walking 6000 steps or more per day.

Lose extra weight:

Losing weight can reduce the strain on your knees. If you are overweight and you also lose a few pounds, then you will get relief from knee pain. After losing some of the extra weight, you'll be able to walk and exercise with less pain and less discomfort.

By the way, there are many treatment options for **knee pain treatment**. If your knee is sensitive then you can try the tips given in this blog. If your condition is serious, you should see a doctor.