

How Can I Stop Knee Pain?

Knee pain is common and can be caused by both short-term and long-term problems. Many short-term problems with knee pain do not require seeing a knee pain doctor and you can often get better on your own. However, if the condition of the knee pain is delicate and severe, home remedies will not work. In such a situation, you should take an appointment with a [knee pain specialist](#).

Many home remedies can help in getting relief from pain problems. Depending on the severity and type of pain, you can try home remedies for your knee pain.



Home remedies for knee pain-

Massage therapy-

Mild knee massage with medicated Ayurvedic oils like sesame oil is a great knee treatment for chronic knee pain. Massage of the thigh muscles is also able to have a strengthening effect; it reduces the pressure on the knees during activities such as cardio.

Physical activity-

Knee pain can be relieved by exercise. Doctors also recommend exercises to manage OA of the knee. Along with this, you can also adopt activities like walking; cycling, and swimming, all of them can be beneficial. Being physically active improves the health of cartilage tissue. Strengthening the leg muscles with exercise can relieve knee pain.

Hot or cold packs-

Using a hot water bag or ice pack as a treatment can relieve pain. This is one of the best and simplest knee pain treatments. Do not apply ice directly to the skin above the knee; Wrap it over the knee in a towel and then place it on the knee under light, steady pressure.

Weight loss and diet-

The risk of knee pain is higher in those who are overweight. Your obesity increases inflammation throughout the body and this affects the knees. Losing weight helps reduce long-term knee pain. A healthy diet can also provide pain relief, Include fruits, vegetables, and high amounts of fiber in your diet.



Use shoes with cushioned insoles-

Wearing shoes with cushioned insoles can help reduce knee pain, as they reduce strain on the knees.

Medicines-

You can take medicines to get instant relief from knee pain. Non-steroidal anti-inflammatories and other medications can help with knee pain. Medications that help manage pain include topical capsaicin, steroid injections, and tramadol.

Posture and support-

Following remedies that help in reducing knee strain:

- Avoid sitting for long periods of time and without moving for long periods of time.
- Checking that you have a good sitting posture, without slouching or slouching.
- Do not sit on such chairs and sofas, on which they get down while sitting.

- Avoid shoes with broken arches.

Acupuncture-

Acupuncture is the most popular and beneficial home remedy for [knee pain](#) relief. In this procedure, small needles are inserted at specific points in your skin at various places on the body to relieve knee pain. You can take the help of a qualified acupuncturist for acupuncture sessions.



If the above self-care measures fail to provide adequate relief for knee pain, consider seeing a knee pain specialist. If you are dealing with kidney or liver disease, do not take any analgesics before consulting your doctor.