

Men's Health

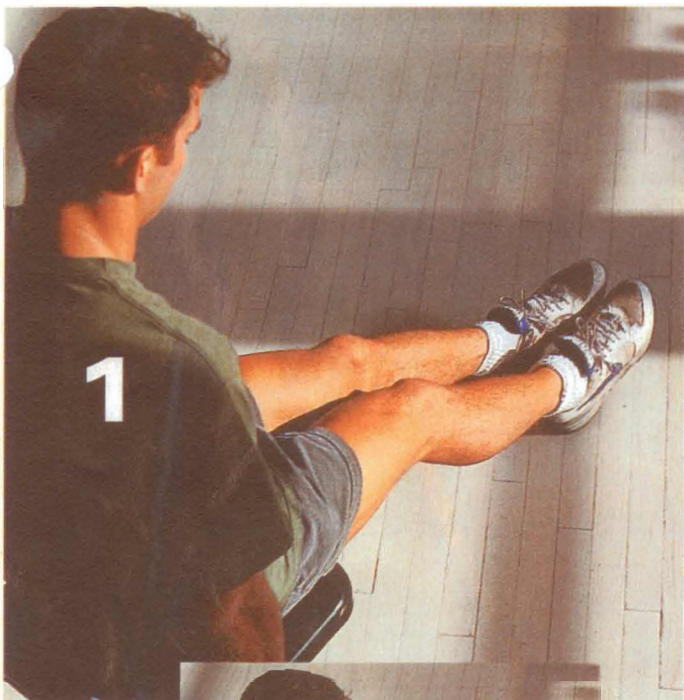
Prevention: Soothe a stiff joint

Quick Fix for Creaky Knees

When it comes to our joints, we're like Dorothy's Tin Man—badly in need of lubrication. And no joint needs it more, it seems, than our knees. A lot of the dull pain men feel in their knees stems from the fact that they sit in office chairs all day, and the joint isn't being effectively lubricated, says Richard T. Braver, D.P.M., a sports podiatrist in New Jersey. But he has a simple remedy, a 10-second exercise called quad pumps. "Basically, they cause the cartilage to secrete a fluid that bathes the joint in nutrients," he says. "You want to do this exercise whenever your knee feels stiff, especially after sitting in a movie theater or car for a long time." Here's how:

1. Sit and extend your legs straight out so that your heels are resting on the floor.

2. Tighten your quadriceps, the thigh muscles just above your knees. Hold the contraction for two seconds, then release. Repeat five times. Then do another set. Quad pumps may also keep your knees from cracking and creaking when you walk up stairs.



Joint decision:
Do this 10-second exercise whenever our knees feel stiff.



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