IF YOU HAVE BAD KNEES AND NOT WILLING TO HAVE SURGERY, THIS IS A MUST READ

Here is a couple of secrets to reduce the pain in your knees.

A sign you have bad knees is that when you get out of bed and step on the floor and experience a few awkward / painful steps, those steps are reacting to how you slept and the positioning of your knees while you slept. So a secret is: If you sleep with your knees fairly straight, you can alleviate much of the pain and possibly that awkwardness when getting out of bed. When we have bad knees and have cartilage that is missing or worn away, our knees when bent will rotate to a degree. It is that rotation that is causing you to have pain in your feet.

Millions of people can reduce their knee pain by wearing a knee brace. The knee brace will eliminate the rotation that the knee does when cartilage is missing. The knee brace will also hold the knee in the proper alignment, because if cartilage is missing, the knee will lose being straight. It will take on an angle that looks like you just rode a horse.

I personally wear a knee brace, and according to my doctors, I have the worst knee they've ever seen, thanks to a surgery that was performed in 1984. I have stunned the doctors by choosing to wear a knee brace in lieu of knee replacement surgery. I made that choice because I play singles tennis and other sports activities that I would have to give up if I have that surgery. I've also stunned them by being able to run / sprint while wearing the knee brace. It has allowed me a normal life.

I mention this because I'm saddened by so many choosing to do nothing. People have chosen to walk very little and with a cane. And they walk with such carefulness as if they are about to break.

So then I'm thinking, why would people choose that? Is it vanity? Is wearing a knee brace so hideous that they would be embarrassed? Is it money? As long as they are handicapped, are they being paid & choose to stay that way. Is it that they get away with doing nothing, and want to keep it that way? Is it they have given up on life? It doesn't make sense. Don't you want to live life to the fullest?

Anyways, I can't convince anyone of the merits of a knee brace. But people who want to live life to the fullest; that is how you get there.

I hope you enjoyed this information. Be strong and in charge. It's your life, make the best of it. You only live once.

Sincerely,

Theresa L. Brumfield

The Perfect Back