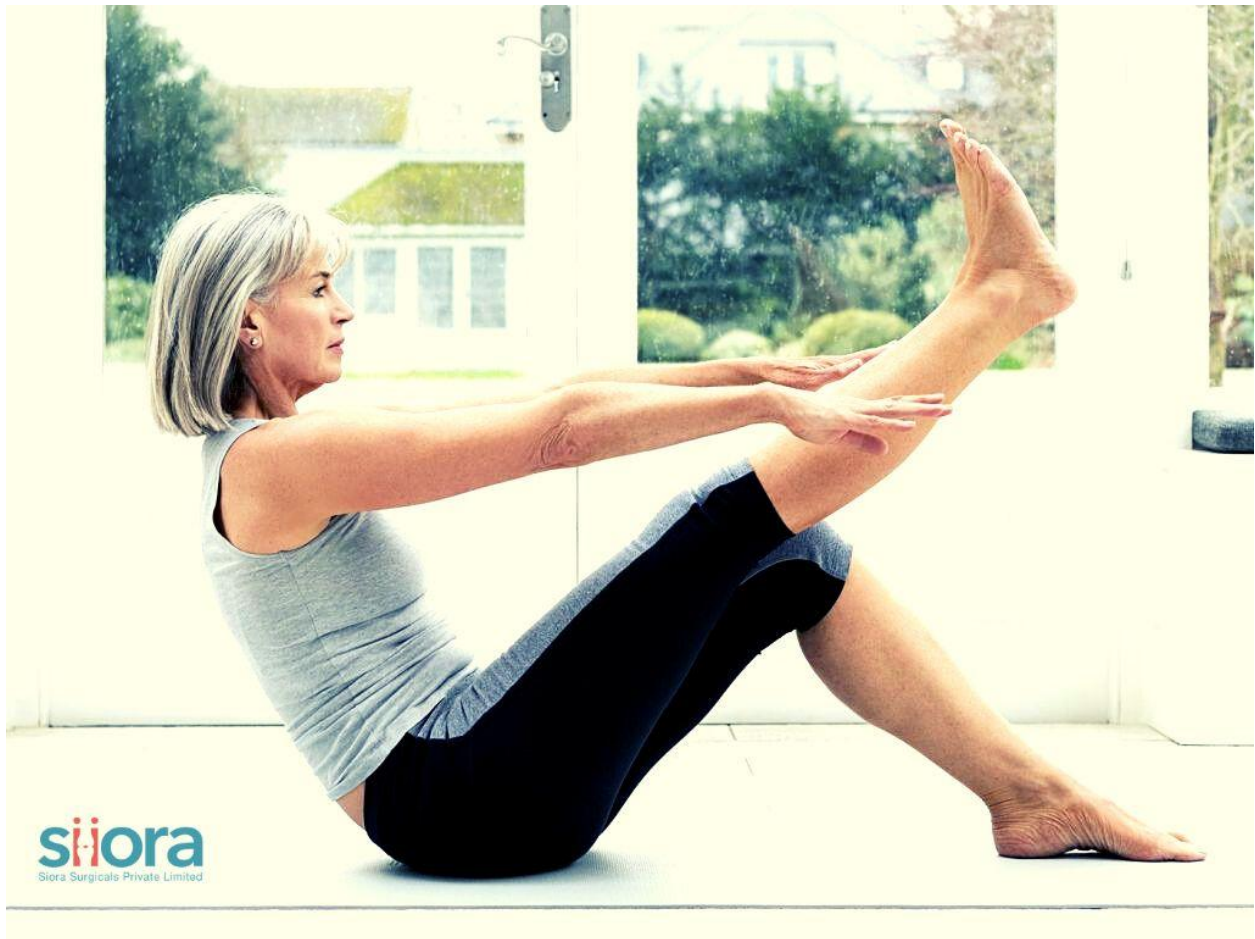


## How to Keep Joints Healthy as you Age?



In the elderly, knee pain is a common problem, and these days, even younger adults have started to experience the same. The cause of knee pain or other knee problems in the young is a poor lifestyle and bad habits. Well, adults experience knee pain because of age-related deterioration of joints and if not taken care of timely, severe complications may occur.

It won't be wrong to say that the negligence of people regarding knee joint health is a major factor in why knee replacement is becoming common. In this post, we will see some key tips on how one can maintain strong and healthy knee joints as they grow.

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### **Tips to Protect Knee Joint Health with Age** **Strengthen Upper and Lower Leg Muscles**

The knee joint is supported by various upper and lower leg muscles, hence, it is important to work on strengthening these muscles. One must focus on maintaining the strength of the hamstrings, gluteus muscles, hip flexors, and quadriceps. Here, it is advised to perform mild exercises, and to avoid any injuries, consult a specialist.

### **Healthy Weight is the Key**

Obesity is the prime cause of joint pain in many, especially knee and hip joints. Excess weight puts joints under stress and over time, wear & tear starts to occur. Thus, the person experiences pain. Sometimes, a stress fracture is also experienced in the knees or hips. To avoid such cases, it is important to work on maintaining a healthy weight. For that, one must change his/her diet and focus on starting an exercise regime under the guidance of a specialist.

Remember, obesity can result in knee arthritis in the long run.

### **Stay Active**

Walking is the best form of exercise and the best part about this is that even the elderly can do it. So, it is advised to stay active by walking and performing mild activities. This is because being sedentary results in more wear & tear of the knees and sometimes locking of the knee joint.

Mild exercises like walking are important to keep muscles strong and flexible, and hence, it plays an important role in maintaining the health of your knees.

### **Stretch Muscles**

Now, you might be thinking about how the elderly can stretch their muscles as it requires rigorous activities. So, you need not do high-intensity activities for stretching as certain mild exercises may also help stretch muscles. For better results, you should consult a specialist.

### **Consult a Doctor Timely**

Sometimes, people neglect the pain because they think it's just because of the increasing age. But in some cases, the cause of pain is severe and delayed diagnosis can make the condition worse. So, if you experience pain that does not go away, it is important to consult a specialist without wasting much time.

To know more about joint health and other orthopedic conditions like osteoporosis, arthritis, and musculoskeletal disorders, register for the [Osteoporosis Conference 2023](#) in Dubai.

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**Source:-** <https://www.bizmaker.org/blog/how-to-keep-joints-healthy-as-you-age>