

Knees : painful, weak, swollen.
(Also good for lower back)

Draught

To fix.

1 Hug and Rub your knees.

- Stand with feet together, or a few inches apart. Or while sitting on edge of a chair; with your legs out in front, with your heels on floor.
- Bend your knees slightly,
- Bend yourself forward and place hands on knees and hold mindfully for a while; a few seconds to as long as three minutes.
- Heels of hands just above kneecaps, to take your weight.
- Arms should be straight but not tense.
- Fingers cup around the kneecaps.
- Use your hands to press knees back slightly. Release and press gently several times.
- Use palm of hands to "rub" kneecaps clockwise and anticlockwise, and to tilt and move kneecaps up and down and to each side. (To loosen kneecaps in their sockets and to lubricate and relax the area)
- Allow your lower back to relax.
- Be aware of your breathing.
- Try to feel warmth from your hands going into your knees

2 Circle knees Together

- Stand with feet together, or a few inches apart.
- Lean forward and place hands on slightly bent knees.
- Rotate both knees together in a clockwise circle. >> . Press knees back slightly. Do 9 circles.
- Rotate both knees together in an anticlockwise circle. << . Press knees back slightly. Do 9 circles.

3 Circle knees Contra

- Stand with feet together, or a few inches apart.
- Lean forward and place hands on slightly bent knees.
- Knees forward, circle out, back, together. in opposite directions. ^^ Press knees back slightly. Do 9 circles.
- Knees circle out, forward, together, back in opposite directions. <> Press knees back slightly. Do 9 circles.

Do these exercises as often as you can.

Do not take yourself into pain.

Once per hour would not be excessive if your knees are in serious trouble.

Do one session twice per day at least.

If 9 circles is too much to start with then reduce to, say 3 circles, and increase the number of repetitions when you are able to.

Put your mind to relax your lower back and allow it to stretch.

Don't forget to breath.

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