

## FAVORITES:

I'm writing this because I want to save you the literal pain of having grumpy knees. I also want to save you the hassle of spending hundreds of dollars on the wrong knee pads. I've wasted a ton of money buying non-pole knee pads on Amazon. Fun fact: you can't add grip to volleyball knee pads by applying puff paint. Thanks a lot, internet.

I've tried more than a dozen different pole dance knee pads over the years. Here's my "best of" list:

The best knee pads for...

### ➔ Floorwork



If you're not climbing the pole, you don't want knee pads with grip. When you're trying to slink around like a slithery sexy serpent, the last thing you want is the inside of your knee sticking to the floor. What you do want is a knee pad that completely surrounds your knee, protecting it at all angles.

The only non-pole knee pads I'm going to recommend are these [McDavid Hex Knee Pads](#). They provide great protection with a slim profile, but they're only good for floorwork. The fabric is slippery so they're pretty useless for climbing.

### ➔ Low Flow



With low flow, you sometimes need to use your knee pits, so a knee pad with an open back is a must. Poledancerka has been my favorite knee pad for years, but I recently discovered Cleo the Hurricane's [glitter knee pads](#) are just as good - but with glitter!\*

Both options are sleeve-style knee pads with the perfect combination of padding and slinkability. They also have the best knee pit access of any of the knee pads I've tried, so I'll often keep them on even when I'm doing tricks up the pole.

### ➔ Pole Class and Trick Practice

I always wear shoes, so strap-on knee pads are a must. When a trick requires maximum leg skin as possible, I can whip 'em off in seconds. If the instructor switches to a floor move, I can put my knee pads back on without stopping to take off my shoes.



Super Fly Honey's gel knee pads are my favorite strap-style knee pad. They are the longest-lasting knee pad I've ever owned and I always carry a pair in my bag. That said, my knees get a bit sweaty when I wear them.

Bees Knees are smaller than the Super Fly Honey knee pads and didn't make my knee pits sweaty, but I didn't love the stiffer material.



Note: neither the Bees Knees or Super Fly Honey knee pads are very grippy.

The Poledancerka and Cleo the Hurricane knee pads mentioned above have a grip strip and leave a lot of knee pit exposed. Experienced polers should be able to do most of their favorite tricks while wearing these knee pads.

### ➔ Learning to Climb

If you want a knee pad that will help you stick to the pole, I've heard good things about the Mighty Grip knee pads.



# 4 DUMB REASONS YOU'RE NOT WEARING KNEEPADS

By Megan Denny

If I could tell my baby poler self one thing, it would be: **WEAR KNEEPADS.**

While sore muscles and bruises typically heal in less than a week, knee pain can plague you for months (or even years).

For the record, I've never been into wild tricks or hard style. The only thing I ever slam on the ground are my heels.

I have sensitive knee caps because I did pole for many years and never wore knee pads. Why? Maybe a few of these reasons will sound familiar...

**#1 My Knees Don't Bother Me** – They don't hurt now, but trust me, it's only a matter of time. Your knees aren't designed to bear weight. Every time you stand on one or both of your knees, you risk permanent damage including (but not limited to) [knee bursitis](#).

**#2 Putting On Knee Pads is a Hassle** – You know what's an even bigger hassle? Not doing your favorite pole moves because your knees hurt too damn bad. Sensitive knees even prevented me from doing yoga for a while. No pole and no yoga made me a grumpy kid.

Knee pads that attach with velcro straps are easy to take on and off (see my list of favorites).

**#3 The Dancers I Follow Don't Wear Knee Pads** – Most experienced pole dancers do wear knee pads when they're trying new tricks or perfecting new combos. They just don't post those videos.

**#4 Knee Pads Aren't Cute** – Au contraire! I have a pair of red glitter knee pads that match my shoes and I get compliments on them all the time. If you prefer a knee pad that's less noticeable, check out the nude Poledancerka knee pads (background photo).

*I hope the recommendations above are helpful and keep your knees happy for many years.*