

# The *5-Day Fix* for Knee Pain at Home (*No Meds, No Equipment*)

## ***Intro:***

If knee pain slows you down—whether from running, workouts, old injuries, or just daily movement—this 5-day guide will help. These simple strategies can reduce discomfort, improve mobility, and help you understand when it's time to seek professional care.



## ***Day 1: Identify Your Source of Pain***

Common causes of knee pain include overuse, weak supporting muscles, poor movement patterns, and past injuries. To start addressing your knee pain, use the following self-assessment checklist:

- Does pain increase after sitting for long periods?
- Does it worsen with stairs or squats?
- Is there swelling, popping, or grinding?

## ***Day 2: Stretch to Relieve Tension***

To loosen tight muscles that pull on the knee, try these three gentle stretches:

1. **Hip Flexor Stretch** (standing or half kneeling)
2. **Hamstring Stretch** (half kneeling or standing with a step)
3. **Calf Stretch** (staggered stance at wall)

Use [this link](#) if you need guidance on these stretches.

## ***Day 3: Movement That Heals***

Engage in a simple 10-minute routine to build support around the knee:

- **Glute Bridge** with a band around your knees (strengthens hips)
- **Straight Leg Raises** (strengthens quads without strain)
- **Heel Raises** (strengthens ankle and knee stability)

**Note:** Work within a pain-free range only—never push through sharp pain.

Use [this link](#) if you need guidance on these exercises.

## ***Day 4: Habits That Hurt Your Knees***

Be mindful of these top 5 habits that can harm your knees:

1. **Sitting for Too Long** (weakens glutes and tightens hip flexors)
2. **Wearing Unsupportive Shoes**
3. **High-Impact Exercise Without Proper Warm-Up**
4. **Ignoring Mobility Work**
5. **Poor Squat or Lifting Form**

Quick corrections and alternatives include:

- Take a mini break every hour while at work.
- Opt for low-impact cardio like biking or swimming.
- If an exercise is painful, try doing less movement or decrease the weight/resistance.

## ***Day 5: When to See a Sports Chiropractor***

Consider seeking professional care if you experience:

- Knee pain lasting more than 2 weeks
- Swelling or instability
- Pain that interferes with walking, work, or sleep

## ***Next Steps:***

If this sounds like you, now is your chance to get back to running and chasing those personal records (PRs). Book online at [motionsportschiro.janeapp.com](https://motionsportschiro.janeapp.com) or use the QR code below and select the "New Patient Intake + Treatment."

**Mention this Knee Guide when you make your appointment, and your first visit will be only \$99 (regularly \$225).**



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