

Knee pain with strength training

Pain at the front and sides of the knee is a fairly common complaint when participating in strength training. Exercises where you bend your knee with your bodyweight going through the joint, such as squats and lunges, are a common source of discomfort. Here are some work-arounds to keep you going while your body adjusts to the new stimulus.

1 Change the volume or intensity of the exercise

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Reduce the **weight** or **number of reps**

Reduce the **range** of movement e.g. only go halfway down; squat to a box



2 Change how you are performing the exercise



Put more **weight** back in your **heels**.

Place **feet higher up** on the **leg press**.

Opt for **reverse lunges** rather than forward lunges.

Trial more weight on the inside vs outside of the foot, or vice versa - see if any particular change helps.

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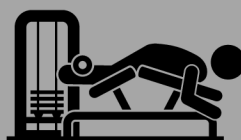
3 Swap out painful exercises & replace with ones that load the knee muscles but put less pressure on the front of the joint

3



- Deadlifts & RDLs
- Calf raises

- Bridges & hip thrusts
- Hamstring curls



4 Add exercises that may help to improve the problem



When a joint is sore, the muscles around it tend to activate less efficiently. For knees, this often affects the quads. Adding exercises that **target the quads** without aggravating the joint can be helpful e.g. knee extensions.

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5 Seek 1:1 guidance if no improvement

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If you find you have been following this advice for a few weeks and you are not seeing any changes, you could consider booking in a 1:1 physio appointment with one of our staff for more tailored advice.

Any exercises you swap out should be gradually re-introduced over time. There is no such thing as an exercise that is inherently bad for a knee, just how ready your knee is for it.