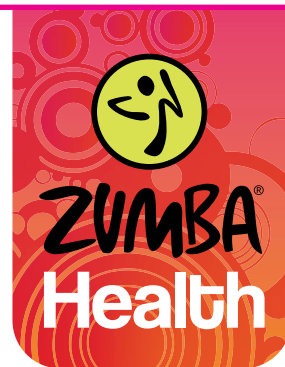


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Leah's Health & Osteopathic advice for Zumba classes



Question:

Get Knee Pain?

Answer:

Patellofemoral syndrome is a common problem affecting the front of the knee.

Pain is due to the knee cap (patella) not tracking correctly in its groove on the thigh (femoral) bone as the knee is bent and straightened.

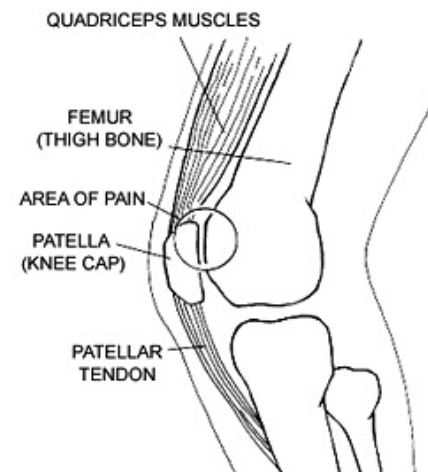
This mal-tracking of the patella may be caused by a number of factors such as the alignment of your pelvis, lower limbs, weakness or lack of flexibility in your quadriceps muscles.

What are the symptoms of patellofemoral syndrome?

- Tenderness, pain and aching in the knee joint, particularly at the front, around and under the patella.
- Swelling sometimes occurs after activity.
- Pain is often worst when bending or walking up or down hills or stairs.
- A clicking or snapping sound may be present on bending the knee.
- Sitting for long periods may be uncomfortable.
- Tight muscles including calf muscles, hamstrings, quadriceps and iliotibial band.

What can you do to prevent pain during your Zumba class?

- Warm up and cool down. Tips for warming up before class; try a brisk walk at a pain free pace for 3-5 minutes before class and cool down with a gentle walk for the same time after class.
- Use a knee support which stabilises the patella.
- Foot wear it is important to make sure that your foot is not over pronating and therefore footwear should have a good arch support.
- In your Zumba class avoid rotational stresses through the knee (twisting action) This can be limited by wearing appropriate dance footwear with a pivot point (see Z1 Zumba trainers, available at www.zumbawearuk.com).



How do you help reduce pain and swelling after activity?

Apply RICE (Rest, Ice, Compression and Elevation).

Rehabilitation

Ensure to consult a Registered therapist to ensure a correct diagnosis and specific home exercise program. Stretching and strengthening exercises can be very beneficial in the treatment of this condition to correct lower limb alignment in order to improve the tracking of your patella.

In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique as poor practice can potentially further strain your injury.

This information is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case.

Remember Zumbaettes - Warm up & Cool down!

Leah
X



LINDSAY JAY
FITNESS