
Managing Exercise Pain

It's hard to predict how your knee will feel when you start a new activity. It's important to start slow.

Increase gradually as you become more capable and your strength improves. Initially, do less than you think you can manage. If you cope well, do a little bit more next time. Keep building up gradually.

Managing 'normal' pain and discomfort

Starting an exercise program can cause some discomfort or pain in/around the knee. This is a normal response to exercise. Even for people who don't have arthritis. Often this pain will settle within 24-48 hours on its own. If one exercise or activity is making your knee feel worse leave it out. Or make the exercise easier until the pain settles.

Watch each video to hear from knee pain experts and people with persistent knee pain. In the videos you'll learn more about exercise and managing normal pain. Also hear what to do if your experience more severe pain.

<http://mykneeexercise.org.au/my-knee-education/>

Managing severe symptoms or injury

Sudden increase in warmth and swelling or severe pain in the knee

If this lasts for more than 48 hours you should:

1. Stop the exercise program.
2. Seek help from your regular healthcare provider. They will give you advice on how to manage your symptoms.

Onset of severe symptoms elsewhere in your body

If this lasts for more than 48 hours you should:

1. Stop the exercise program.
2. Seek help from your regular healthcare provider. They will give you advice on how to manage your symptoms.

Serious incident

A serious incident includes chest pain, severe shortness of breath or a fall that causes a serious injury.

Serious incidents are highly unlikely from following the *My Knee Exercise* program.

But if they occur you should:

1. Seek emergency treatment straight away.
2. Please contact your country's appropriate emergency services or go to your local emergency room.