



Karuna Yoga Newsletter

Issue no: 108

January 2018

YOGA THERAPY

Why is There an Increase in Osteoarthritis of the Knee?

The incidence of knee osteoarthritis has doubled in the past seven decades, according to studies. Knee osteoarthritis now affects a third of people over age 60 and is responsible for more disability than almost any other musculoskeletal disorder. It's why so many women and men are living with a total knee replacement. What accounts for this? It's not just being overweight or living longer. The researchers say it is from specific factors you can control, meaning knee osteoarthritis might be more avoidable than previously thought.

Inactivity leads to thinner knee cartilage and weaker muscles responsible for protecting joints. The epidemic of chronic low-grade inflammation that affects so many people because of diets high in refined foods, processed carbs and excess bad fat further erodes cartilage-building, even if you are not overweight.




Your risk of knee osteoarthritis can be reduced if you walk somewhere every day. The recommendation is between 3,000 and 5,000 steps every day and avoid sitting for longer than three hours every day. It's better to lay down for a while rather than sit all the time as this creates tightness in the knee and hip joints. Stand up and walk around regularly to keep the joints lubricated. Try and avoid the inflammation foods like added sugar, processed grains in bread and pasta etc., and trans fats from frying with sunflower oil etc. Use only olive oil or coconut oil and try and take an Omega 3 supplement such as Krill oil.

As a yoga teacher I see many students with various knee problems. This can be caused by physical imbalances in our feet, ankles, shins, knees, thighs, and hips. Problems can be caused by falling on the knees and some people experience pain in the knees due to inflammation. A decrease in the synovial fluid that lubricates the knee joint leads to osteoarthritis. The cartilage in the area becomes rough and tends to flake off. The knee becomes swollen and the joint loses flexibility and the ability to stretch and bend. This can then become a vicious circle. Reduced movement due to pain, leads to more stiffness due to inactivity.

Iyengar yoga helps to alleviate knee problems, such as inflammation and pain from tendon, ligament, and meniscus tears. The various yoga postures can stretch and strengthen the muscles that help to protect the knee joints. An increase in activity can help to rebuild the thinning knee cartilage.

Contact Lynne on 00302892042356 or email lynne.gully@iremia.net

POSTURES TO HELP ALLEVIATE OSTEOARTHRITIS OF THE KNEES

<p>SUPTA PADANGUSTHASANA The stretch in this posture increases flexibility in the pelvic area and improves blood circulation in the legs. It also makes the muscles of the legs stronger. It helps to treat osteoarthritis of the hip and knees by stretching the hamstrings, adductors and calf muscles and strengthening the knees.</p>	 <p>RORY EARNSHAW</p>
<p>VAJRASANA (diamond) This posture will prepare you for Virasana. You sit with your feet under the buttocks. Start with your toes turned under and hold for ten seconds. Then move onto the tops of your feet. This posture helps to stretch out the quadriceps to normal length and restore full range of motion to the knees.</p>	 <p>RICHARD CLUMMING</p>
<p>VIRASANA (hero) Use a folded blanket or bolster to make the posture easier if you have stiffness in the hip, knee, or ankle joints. This posture reduces inflammation in the blood vessels of the legs caused by standing for long periods. It alleviates pain of inflammation in the knees and tones knee cartilage.</p>	 <p>RICHARD CLUMMING</p>
<p>TADASANA (mountain) This posture helps to boost self-confidence. It strengthens the knee joints and stretches the hamstrings. Do not lock back into your knees. Always keep a micro bend in your knees so that the knee joints stay soft.</p>	 <p>DAVID MARTINEZ</p>
<p>TRIKONASANA (triangle) This posture activates the spine and relieves backache. It reduces stiffness in the neck, shoulders, and knees. Remember to micro bend your knees keeping a softness in the knee joints.</p>	 <p>RORY EARNSHAW</p>
<p>PRASARITA PADOTTANASANA (intense leg stretch) This posture cools the body and the brain, providing a feeling of tranquillity. It strengthens the knee joint and makes the hip joint supple. Again, remember the micro bend in your knees.</p>	 <p>RORY EARNSHAW</p>
<p>ADHOMUKHA SVANASANA (downward facing dog) This inverted stretch brings fresh blood to the heart and lungs, increasing the fitness of the entire body. It helps to relieve depression and anxiety. It increases the flexibility of the hip, knee, and ankle joints, and strengthens the ligaments and tendons of the legs. It reverses the damage to the cartilage of the knee caused by jogging and other sports. Keep a micro bend in your knees and do not lock the knees.</p>	 <p>MARTY SCONDUTO</p>