



# Conservative Management

## ROSENBERG COOLEY METCALF

THE ORTHOPEDIC CLINIC AT PARK CITY

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- 1) To improve your knee function, follow the measures listed below. They may seem inconsequential, but together they can improve the quality of your knee and your life.
- 2) Achieve an **optimal body weight**. A reduction of one pound of body weight can relieve four pounds of pressure on your knee.
- 3) Wear **shock-absorbing shoes** and **avoid hard surfaces**.
- 4) Plant a **SEED** (Safe Exercise Every Day) in your life. Avoid any jumping, twisting or contact-related sports. Below is the **Top 11** recommended activities. Gradually work up to 30-45 minutes per day.
  1. Swimming
  2. Aquatic exercise/Water Walking
  3. Stationary Bike/Spinning
  4. Elliptical Trainer
  5. Rowing machine
  6. Walking/Treadmill
  7. Golf
  8. Hiking (light)
  9. Cross country skiing/Nordic Track
  10. Low impact aerobics
  11. Tai Chi/Yoga/Pilates
- 5) **Proper nutrition** can contribute to healthy knees and a healthy lifestyle. Eat a balanced diet while minimizing your fat intake. Also, nutrient supplementation is advised. The following guidelines are recommended:

<b>Calcium</b>	600-1200 mg (supplement) + 3 calcium rich food servings		
<b>Magnesium</b>	400 mg		
<b>Vitamin C</b>	800 mg		
<b>Vitamin E</b>	400 IU (international units)		
<b>Multi Vitamin</b>	1 per day that includes trace minerals w/anti-oxidant		
	<b>less than 120 lb</b>	<b>120-200 lb</b>	<b>greater than 200 lb</b>
<b>Glucosamine</b>	1000 mg	1500 mg	2000 mg
<b>Chondroitin</b>	800 mg	1200 mg	1600 mg

In most cases, these lifestyle changes will improve your joint health. If not, additional treatment may be required.

