

## The Difference a Pound Makes



or more pounds of pressure on his knees with each step.

Excess weight also affects arthritis. The extra weight puts excess stress directly onto the knees and hips, accelerating wear and tear.

On average, for every pound you lose, you lose 3 pounds of stress across your knees and 6 pounds of stress on your hips. Losing a few pounds can go a long way towards reducing the pressure on your knees and hips, helping to protect them. Losing 1 pound would reduce more than 4,800 pounds ac-

cumulated load on your knees for every mile you walk. Losing 10 pounds, each knee would be subjected to 48,000 pounds less in compressive load per mile walked.

The other factor to reducing stress on the joints is building muscle. You need muscle to support your joints. When you walk, the amount of force exerted on your knees and hips depends on the ability of your lower-body muscles to absorb some of this force. When the hip rotators are working properly, the force generated from walking has less of an impact on your knees and hips. Weak muscles shift the force to the weight bearing joints.

To reduce your joint pain, lighten up and muscle up.

[www.maidenpower.com](http://www.maidenpower.com),  
[joan@maidenpower.com](mailto:joan@maidenpower.com),  
217-898-3391



By Joan Maiden

The average weight gain over the holiday season is seven pounds. That doesn't sound like much overall, but if you have knee and/or hip pain, even a small gain can make a big difference.

Extra weight increases the load that you put on your joints—your knees, hips, and ankles, with every step you take

- Walking on level ground, the force on your joints is the equivalent of 1½ times your body weight.
- The force on your joints is 2 to 5 times your body weight when you go up and down stairs or climb in and out of a car.
- The stress is 4 to 5 times your body weight when you squat to tie a shoelace or pick up an item you dropped.

An extra 10 pounds increases the force on the knees by 30 to 60 pounds. A 200-pound man will put 300