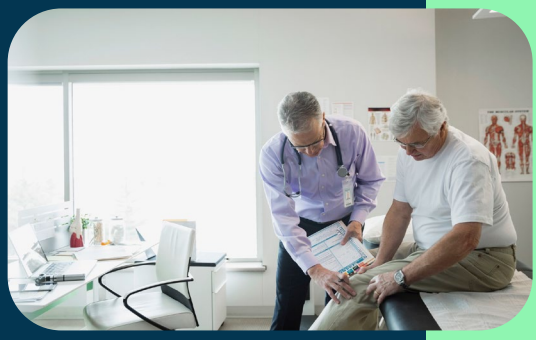
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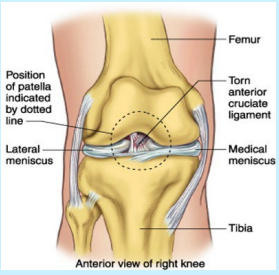
Knee Pain

Knee pain may be a result of an acute injury, repetitive use causing wear on the joint, or other conditions that place stress on the joint.



Common conditions related to knee pain:

- Osteoarthritis (degenerative arthritis)
- Meniscus disorders
- ACL disorders
- Sprains
- Strains



Anterior view of right knee

Ways to reduce knee pain while at work:

- Perform pre-shift stretching to help increase circulation and elasticity of muscles and tendon
- Request and participate in refresher trainings on proper lifting techniques
- Work toward adopting good health habits and keep the body fit for work
- Use employer benefits, such as local gym discounts, and other health and wellness resources
- Discuss accommodations, such as wearing supportive knee brace during work

Job modifications

- Job sharing to break up repetitive tasks
- Allow more frequent rest breaks
- Limit the time and frequency of repetitive activities
- Wear knee pads if kneeling is required
- Implement short breaks of 10-20 seconds to extent and rest the knee

Workplace modifications

- Provide easy access to water to prevent dehydration
- Cushioned, anti-fatigue mats at workstations
- Raise work off floor to prevent kneeling and squatting
- Utilize mechanical assist devices
- Add tool extensions to allow work at waist level instead of kneeling
- Alter workspace to allow repetitive activities to be performed at waist level
- Place tools within reaching distance

The information contained herein is for purely informational purposes only, and is not intended to present medical, occupational, or therapeutic advice.

1. Knee Safety: 10 Essential Practices for Protecting Your knees at Work and Beyond (24May2025) taken from OHSE https://ohse.ca/knee-safety/
2. Leg Impairment (nd) taken from Job Accommodation Network https://askjan.org/disabilities/Leg-Impairment.cfm

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