

SELF-MASSAGE FOR KNEE DISCOMFORT; FEELING GOOD WITH HANDS-ON KNEES Rich Poley has a self-knee massage video demonstration on [YouTube, "Knee Massage: View It While You Do It"](#) that does NOT claim to cure a knee problem or permanently relieve pain. Before turning to this method, first seek professional medical diagnosis for any pain or movement issues.

Several years ago I learned I had mild osteoarthritis in my left knee that had caused a Baker's cyst to form. There was no pain, but considerable stiffness and a bulge in the back of my knee. I was given clearance from a board-certified orthopedic surgeon to continue running with the caution it could worsen and encouragement to continue stretching and strengthening work.

At the time I could not perform a quad stretch because my knee would not bend enough for me to grasp my ankle. After resting from running until the bulge diminished in size, and with daily stretching and strength work several times a week I can now perform a full quad stretch with my left heel contacting my left glutes in full stretch! This is after 2+ years of focused effort; seriously, every day I have worked on it. I mostly stretch in bed before getting out in the early morning, starting at about 4:30am.

When I first began this program my knee would feel sore (no pain) after stretching sessions; it still does! I sought a DIY massage technique that might alleviate the soreness; this is the one I found to be helpful. There is no medical endorsement backing this technique. I tried it and felt better as soon as Step 2; the gliding action was soothing. The effect is only temporary, but it fits my purpose.

This knee massage takes care of minor discomfort I experience after stretching; it's does not promise permanent relief of knee pain. However, maybe some of you will also find it useful.

MASSAGE STEPS (my summary from watching the video)

Step 1 Naked Knee

Step 2: Glide- warming relaxing stroke

Step 3: Front of knee

Stroke 1 squeeze and pulse with one hand

Stroke 2 press and roll with 2 hands

Step 4 Sides of Knee

Stroke 1 press and roll sides with 2 hands

Stroke 2 ankle resting on opposite knee; press and roll

Step 5 Back of Knee

Stroke 1 press and roll sides with 2 hands; ankle resting on opposite knee; press and roll

Stroke 2 repeat stroke 1 with both feet on floor

Step 6 Drumming: softly tap open hands against your knee

Step 7 Breathe Deeply: resting your hands on your knee

REPEAT MASSAGE ON OPPOSITE KNEE

Smile.

RUN & MOVE HAPPY! <https://www.youtube.com/watch?v=qJQz3FITUgg>