

# Tips On Managing Knee Pain

## WHEN PREGNANT



Moderate walking and swimming



Resting and avoiding straining feet



Wearing well-cushioned shoes with good arch support



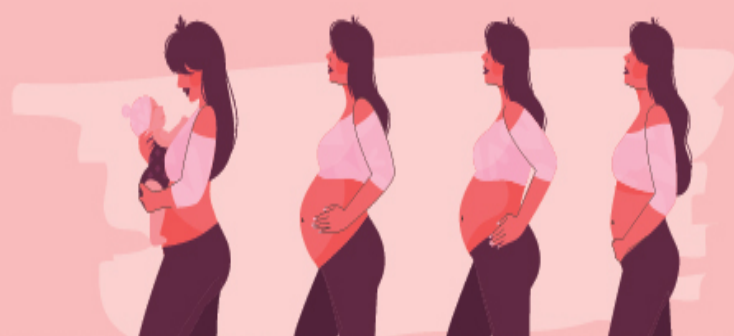
Wearing knee brace with a doughnut hole in the center



Using heat and ice therapy can reduce knee pain and swelling



Massage therapy can relieve joint pain and stiffness and improve the range of motion



Mom Junction

Source: [https://www.momjunction.com/articles/effective-things-can-try-relieve-knee-pain-pregnancy\\_0088322/](https://www.momjunction.com/articles/effective-things-can-try-relieve-knee-pain-pregnancy_0088322/)