



TOP 3 WAYS TO REDUCE KNEE PAIN AFTER A RUN

1

REST

Don't hesitate to take a day off if you've been having this knee pain for a few days. Rest can be your best friend!

2

ICE

Ice may have an impact on reducing inflammation or calming your nervous system

3

FOAM ROLL

Foam rolling can help increase blood flow to your sore muscle tissues after a hard run

4

YOGA

Yoga can help strengthen the muscles around your knee that are impacted while running

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