

Get a leg up on returning to work from a knee injury.



New York Life Group Benefit Solutions knows that going back to work after a knee injury can be stressful. If you're feeling anxious about returning to your regular work activities, please use the information below to learn more about knee injuries, tips to stay healthy, and do's and don'ts of taking care of your knee.

Stay strong. Stay healthy.

Knees are the largest joint in the body. They're also very susceptible to injury. Knee problems usually result from sports or recreational activities, overuse, or wear and tear from aging or weight gain.

It is much easier to prevent a knee injury than to recover from one. Some helpful ways to prevent a new injury include using your body correctly and improving the way you sit and stand. By using good body mechanics and correct posture, you can help protect your knees and be more comfortable on the job.

Ask for help.

It's not always easy to ask someone for help. But in your case, with a knee injury, asking for assistance can help you recover faster and prevent another injury. If you need help lifting something, ask a coworker to lend a hand.

And, if you need to make changes to your job to avoid hurting your knee again, work with your doctor and manager to see what kind of options are available to you.

If you have to stand for long periods of time at work, ask your manager about these options:

Anti-fatigue mat

It cushions your body from the floor and helps relieve fatigue from standing.

Sit/lean stool

It helps take the pressure off of your legs and feet to make you more comfortable.



The skinny on knee injuries and weight.

The more you weigh, the more pressure you put on your knees. That's why it's important to maintain a healthy weight – especially if you're prone to knee injuries.

The do's and don'ts of knee care.

No matter what type of work you do, here are some basic tips for caring for your knees on the job.

	Do's	Don'ts
Sitting	<ul style="list-style-type: none">• Sit tall, shoulders back, without arching your back.• Support thighs and hips with a well-padded seat that's parallel to the floor.• Keep knees about the same height as hips, with feet slightly forward.• Place feet flat on floor or footrest, with knees at 90°.• Adjust seat height so feet are flat on floor.• Get up every 15 minutes and stretch for 15 seconds.• Get up and walk around every 30 minutes.	<ul style="list-style-type: none">• Don't sit with your feet off the floor.• Don't sit on the forward part of the seat.• Don't let the seat rub against the back of your knees.• Don't cross your legs when sitting (it prevents good body alignment and can hurt circulation).• Don't sit in one position for more than 15 minutes.
Standing and walking	<ul style="list-style-type: none">• Alternate putting one foot up on a step or even a phone book to take pressure off your spine.• Wear flat-heeled, supportive footwear.	<ul style="list-style-type: none">• Don't shift your body weight to one side with your hip pushed out and weight on one leg.• Don't wear high heels (they force the spine out of alignment and put more pressure on knees).
Stepping, crouching, and lifting	<ul style="list-style-type: none">• Bend from the hips and knees.• Point your feet straight ahead.• Use the railing on stairs for support.• Pivot with your shoulders, hips and feet so the load stays in front of you.	<ul style="list-style-type: none">• Don't point your feet outward or inward.• Don't twist your knees sideways.• Don't lift heavy objects by yourself.• Don't twist your knees to turn.

This is for informational purposes only and should not be construed as medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new exercise or fitness program. Advance consultation with your doctor is particularly important if you are under eighteen (18) years old, pregnant, or have health problems. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure. New York Life Group Benefit Solutions assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this brochure.

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