

# Kneeling.

Sometimes we have to kneel on the floor, but did you know that frequent or prolonged kneeling increases the risk of knee pain and other lower limb problems.

One of the most common knee problems caused by frequent and prolonged kneeling is 'bursitis', which is more commonly known as 'handmaid's knee'. It typically causes pain in the knee that gets worse when you kneel or bend your knee fully. Your knee will also probably be swollen and may be tender, red and warm. If you develop redness that spreads, a high temperature (fever), or persistent pain, this may be due to infection of the bursae. You should see your GP urgently, or go to your nearest accident and emergency (A&E) department.

Bursitis can often be treated at home. Resting the affected area and using an ice pack helps reduce the swelling and ordinary painkillers can help relieve the pain until your knee heals.

## To prevent the risk of developing knee problems:

- Avoid kneeling where possible.
- Use a kneeling mat, or knee-pads.
- Try to alternate which knee you kneel on.



**If you start to develop  
aches and pains,  
contact RehabWorks for  
physiotherapy support on:  
0333 222 0712**