

Prevention of joint wearing

The so-called " locomotor apparatus " of man consists of bone and joints, muscles, tendons and ligaments and - as its name suggests - needs to be moved and exerted. If this movement is missing it stiffens up and in the end loses its mobility. Basically, even load is important and positive, but it should not be one-sided or overdone, because then it becomes the enemy of the joints. If one-sided load cannot be avoided, this should be counteracted by release exercises.

Knee:

Hiking, for instance, is an extremely healthy method of moving and loading. However, you should get used to using a stick when going downhill because this puts an extraordinary strain on the knee joints. And let your legs swing during the breaks, which should be as frequent as possible, so that the weight of the hanging lower leg and the hiking boots pull the knee joint out a bit. This takes the strain off the cartilage in the knee joint and the slight movement encourages the spread of joint lubrication fluid.

Hips:

The hipbone is used for sitting. Swimming and cycling are particularly healthy sports for the hip joint, because it is exercised without bearing any weight. In the water one can also best let the legs swing from the hip joint. One can hold on to the side of the pool and make cycling or swinging movements with very little effort.

Letting the hips swing is a little more difficult at home, but there are also exercises that enable this. Lay down on your stomach on a strong table and let one leg hang down. Move it back and forth keeping constant contact to the floor, the best way is with a sock on a smooth floor surface or with a piece of linoleum underneath your foot, if you have carpet.