

5 Low-Impact Exercises for Chronic Knee and Back Pain

Dealing with chronic knee and back pain can be a struggle, affecting your daily activities and overall quality of life. Fortunately, low-impact exercises can play a crucial role in managing and reducing discomfort. These exercises are designed to strengthen the muscles around your knees and back without putting extra stress on them. This article will guide you through five simple yet effective exercises to help ease your pain and improve mobility.

Incorporating low-impact exercises into your routine can offer significant relief. These exercises target core and hip strength, vital components for supporting your knees and back. By focusing on these areas, you can alleviate pain, enhance stability, and reduce the risk of future injuries.

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Strengthen Your Core and Hips to Alleviate Chronic Knee and Back Pain

Strong core and hip muscles are essential for supporting your lower back and knees. By [enhancing stability and balance](#), you can reduce the strain on these areas. Before we list the exercises, it's essential to understand that consistency and proper form are key. Start slowly and increase the intensity as your strength improves.

1. Abdominal Brace



