

Losing Weight for Your Joints

The most effective treatment for knee, hip and back pain

WHAT THE NUMBERS MEAN FOR YOU

1 kg lost = about 4 kg less load on each knee, with every single step.

Losing **5 kg** takes roughly 20 kg off your knees. Losing **10% of your body weight** improves pain and function more than any painkiller we can prescribe, and it also improves sugar, blood pressure and sleep.

It also makes surgery safer if you eventually need it, and makes a joint replacement last longer.

What actually works

- **Aim for half a kilogram a week.** Slow loss stays off; crash diets come back and cost you muscle.
- **Change what you drink first.** Cutting sugary drinks, sweetened tea and juices is the easiest large win for most people.
- **Reduce portion size rather than banning foods.** Use a smaller plate. Serve from the kitchen, not from bowls on the table. Do not take a second helping automatically.
- **Fill half the plate with vegetables,** and eat them first.
- **Protein at every meal** keeps you full and protects muscle while you lose fat.
- **Do not skip meals.** Skipping breakfast leads to overeating later.
- **Weigh yourself once a week,** same day, same time. Daily weighing is misleading.

EXERCISING WITH PAINFUL KNEES

"Lose weight" is easy to say when walking hurts. Start where the load is low:

Water walking or swimming — the best option, as water takes almost all the load · **stationary cycling** with the seat high · **chair exercises** and seated leg raises · short walks broken into three or four pieces through the day

Strengthening the thigh muscles reduces knee pain independently of weight. Ask us for the exercise sheet.

PLEASE AVOID

Crash diets and prolonged fasting — they lose muscle and can trigger gout · weight-loss powders, slimming teas and unregulated fat-burner capsules — several sold in India contain banned stimulants · skipping meals to "make up" for a heavy meal

If you have a large amount to lose, or diabetes as well, tell us and we will help you plan it properly.

Search: weight loss, obesity knee pain, BMI, reduce weight for joints

