



Part 1

Ouch! Why Do I Have Knee Pain After Training with Weights?

—Fred Stellabotte and Rachel Straub, MS, CSCS

Working with weights can be the most beneficial thing you do for your body, or detrimental if you practice incorrectly. The exercise will never hurt you—it is improper form that will injure you.

I experience knee pain when using weights. What am I doing wrong?

Common weight training exercises that can precipitate knee pain when performed incorrectly include leg presses, lunges, squats, leg extensions, and leg curls. Here are some things you may be doing wrong (and recommended solutions):

Squat

- Potential errors include positioning your feet straight ahead, squatting too deep (going below 90°), moving your knees inward, and allowing your forward knee movement to exceed your forward torso movement.
- To avoid knee injury, rotate your feet slightly outward, don't squat below 90°, keep your knees aligned with your feet, and ensure that your forward torso position exceeds the amount of your forward knee movement.

Lunge

- Twisting your feet or knees and allowing forward knee movement to exceed forward torso movement are errors.
- To avoid knee injury, keep your knees and feet straight and ensure that your torso position exceeds the amount of your forward knee movement.

Leg Press

- Placing your feet too low on the foot platform or locking your knees at the endpoint can exacerbate knee troubles.
- To avoid knee injury, place your feet in the middle of the foot platform (or higher) and don't lock your knees.

Visit our website for information about the book:

[Weight Training Without Injury: Over 350 Step-By-Step Pictures Including What Not to Do!](#)

Leg Extension

- Bending your knees past 90° or locking your knees can cause pain.
- To avoid knee injury, start with your knees bent (but not past 90°) and don't lock your knees at the endpoint.

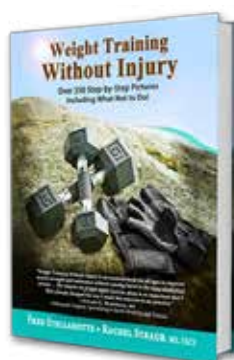
Leg Curl

- *Never* lock your knees.
- If you slowly lower the weight, your knees shouldn't lock.

This is the 1st article in the 4-part series,
“Ouch! Why Do I Have Knee, Low Back, Shoulder, and Neck Pain
After Training with Weights?”

Stay tuned for Part 2:
“Ouch! Why Do I Have Shoulder Pain After Training with Weights?”

For details on structuring a weight-training program (and much more), please refer to *Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not to Do!*, a full-color manual that illustrates incorrect vs. correct technique for trainers, professionals, intermediates, and novices by Fred Stellabotte and Rachel Straub, MS, CSCS.



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