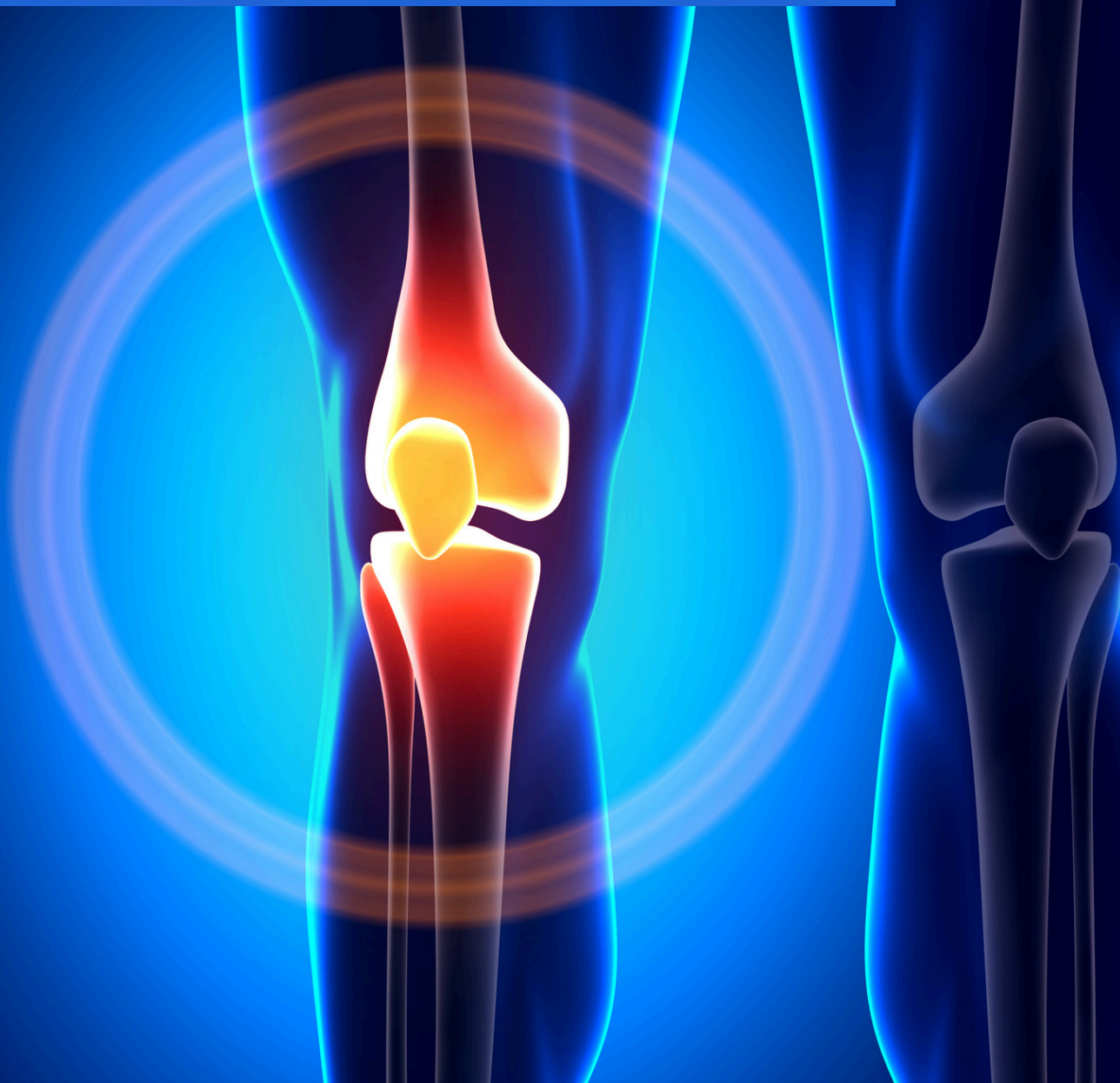


Free e-Book

# **KNEE PAIN IN OLDER ADULTS**

**WHAT TO LOOK FOR  
CAUSES & SOLUTIONS**





## Knee Pain in Older Adults

Knee pain is a common issue among older adults, affecting mobility and quality of life. Whether caused by arthritis, injury, or general wear and tear, managing knee pain effectively is key to staying active. Here's a detailed look at what to watch for, how to relieve knee pain.

**Always consult a medical practitioner**



## Signs & Symptoms of Knee Pain

**Persistent Pain** – Ongoing discomfort when walking, climbing stairs, or sitting for long periods.

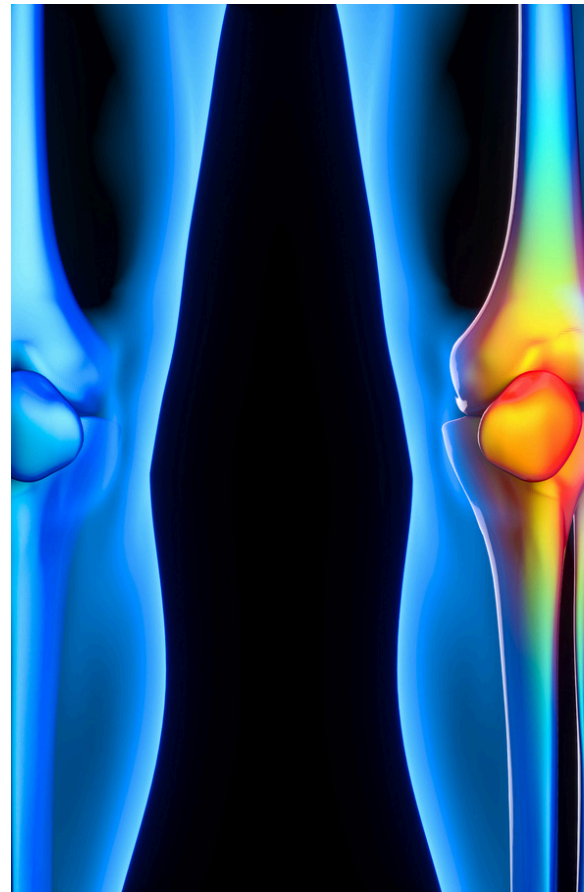
**Swelling & Stiffness** – Inflammation can limit movement and make the knee feel tight.

**Clicking or Popping Sounds** – This could indicate cartilage wear or misalignment.

**Weakness or Instability** – Feeling like your knee might "give out" is a warning sign.

**Limited Range of Motion** – Difficulty fully bending or straightening the knee.

**Redness & Warmth** – Can signal inflammation, infection, or arthritis.



## Common Causes of Knee Pain in Older Adults

**Osteoarthritis** – The most common cause due to cartilage breakdown.

**Rheumatoid Arthritis** – An autoimmune disease that causes joint inflammation.

**Tendonitis** – Inflammation of the tendons due to repetitive strain.

**Bursitis** – Inflammation of fluid-filled sacs that cushion the knee.

**Meniscus Tears** – Cartilage damage from wear, aging, or sudden twisting motions.

**Ligament Injuries** – Damage to ACL, MCL, or PCL ligaments can cause instability.

## Some Solutions for Knee Pain Relief

If you are experiencing knee pain, consult a healthcare professional before trying any of these suggestions. A doctor can provide a proper diagnosis and recommend the best treatment for your specific condition.



**Exercise & Stretching** – Strengthening the muscles around the knee reduces strain.

**Weight Management** – Less weight on the knees means less pain and stress.

**Physical Therapy** – Guided exercises to improve knee function.

**Heat & Cold Therapy** – Ice for inflammation, heat for stiffness relief.

**Over-the-Counter Medications** – Pain relievers like ibuprofen or acetaminophen.

**Bracing & Support** – Knee braces provide stability, reduce pain, and prevent further damage.

# FIT GENO KNEE BRACE: WHAT IT IS & HOW IT HELPS

The Fit Geno Knee Brace is a high-quality, adjustable knee support designed to relieve pain, provide stability, and improve mobility for people suffering from arthritis, injuries, or general knee discomfort.

## How It Works:

- **Compression Support** – Helps reduce swelling and improves circulation.
- **Adjustable Straps** – Ensures a snug, customizable fit for all-day comfort.
- **Patella Stabilizer** – Keeps the kneecap in proper alignment, preventing excessive movement.
- **Breathable Material** – Prevents overheating and discomfort during extended wear.

**"Stronger knees,  
stronger you—  
every step is a  
victory."**



## Benefits of Wearing the Fit Geno Knee Brace:

- **Pain Relief** – Reduces pressure on the knee joint, easing discomfort.
- **Better Mobility** – Makes walking and daily activities easier.
- **Injury Prevention** – Supports weak knees and helps prevent further damage.
- **Comfortable Wear** – Lightweight and breathable for all-day use.
- **Improves Confidence** – Reduces the fear of knee instability or "giving out."

# Fit Geno Hinged Knee Brace for Meniscus Tear

About this item

**MAXIMUM SUPPORT & PAIN RELIEF:** Fit Geno's Reactive+ Hinged Knee Brace with Side Stabilizers is highly recommended ACL knee braces for men and women to relieve any kind of knee pain. The hinges plus side stabilizers offer maximum support to improve (medial and lateral) stability and helps recover from meniscus tear, runner's knee, sprains, athletic compression, sport-related injuries, mild osteoarthritis, PCL/MCL/LCL and other related ligament problems.

**SPORTS MEDICINE SPECIALISTS RECOMMENDED:** Our patellar stabilizing knee brace for pain and support will effectively strengthen side support and maintain your joint stability. This meniscus knee brace fits your leg perfectly and protects the knee from potential injuries without sacrificing the mobility! The dual aluminum hinges can be easily removed from the integrated sleeves while the side stabilizers still provide enough support as needed.



## TRUSTED AT EVERY LEVEL

Sports enthusiasts, professional athletes, elite college players and high schoolers — no matter the level, wherever braces and supports are worn, you'll find Fit Geno in play.



**HEAVY DUTY, MEDICAL-GRADE, LATEX-FREE MATERIAL:** Introduced with advanced aluminum, the hinges and stabilizer are super lightweight while durable. The medical grade Patella Gel Pad which is soft, elastic and shockproof is sewn at the patella to prevent patella injury. The breathable material provides compression and soothing warmth yet provides a better airflow to prevent skin irritation thus making it an ideal method for recovery and pain relief.

**DOUBLE ANTI-SLIP, OPEN PATELLA & BACK DESIGN:** 2 Medical grade non-slip silicone strips and 4 adjustable straps to avoid the knee brace sliding down during fierce exercise. Our excellent MCL knee brace is made with open patella and back with cushion to help lessen the stress/pressure to the knee. It also ensures proper alignment for the kneecap and stabilizes the knee while the open-back is designed to ensure optimum comfort and avoids bunching for all-day relief.

**INNOVATIVELY DESIGNED FROM TRUSTED US BRAND FIT GENO.** We've spent years researching our products and our top competitors to curate better products that address your needs and concerns. This new design of knee brace has proven to be most effective.

## **My Personal Experience with the Fit Geno Knee Brace**

Dealing with knee pain has been a challenge in my life, making even the simplest tasks—like walking up the stairs or going for a short walk—feel like an uphill battle. I tried different remedies, from ice packs to pain relievers, but nothing gave me lasting relief. That's when I discovered the Fit Geno Knee Brace, and it truly changed my daily routine.

The first time I put it on, I noticed an immediate difference. The support around my knee felt secure yet comfortable, and the pressure relief was almost instant. Instead of worrying about my knee "giving out," I felt confident moving around.

Whether I'm running errands, exercising, or just getting through a long day, this brace has given me the stability and support I needed.

If you're struggling with knee pain, I highly recommend giving the Fit Geno Knee Brace a try. It's been a game-changer for me, and I hope it helps you too!

**IF YOU ARE YOU READY**

**ORDERS YOUR TODAY**