

HEALTH WISDOM

Care for knee joints while using treadmill



Always make sure your posture is right

Anjali Mukherjee

When you walk in a park or on the pavement, the body makes natural adjustments to the terrain in terms of speed, angle of contact and stride length. However, when one walks on a treadmill, due to the constant speed of the moving belt, the walk is at a set speed and hit the knee joint at a constant angle. This causes stress at the same point over and over again. This never changing surface and set speed results in sore knees.

To avoid this knee pain and yet be able to use the convenience of a treadmill for purpose of exercise the following rules need to be followed.

- Use the treadmill to walk rather than run
- It is important to warm up and stretch to loosen up the joints and muscles
- Don't start directly on the belt of the treadmill. First get on the treadmill, grab the handrails and place your feet on either side of the belt. Hit the 'start' button and when the belt starts moving slowly, then put your feet on the belt one at a time and

start walking

- Start by walking for 20 to 30 minutes and gradually work your way up to 45 to 60 minutes, three to four days per week.

- Start with a speed of 0.8mph and graduate to 0.9 to 1.0mph based on your individual capacity
- Keep altering the speed at which you walk every five minutes increasing it or decreasing it as required

- Begin by walking for 30 minutes and increase by 5 minutes every 4 days to about 45 minutes a day

- Make sure you wear the right shoes that fit well and cushion your feet well to take the pressure off your knees.

- Pay attention to body posture. Avoid the tendency to lean forward (as most people do) Keep your back straight and focus on your breathing whilst walking.

- Breathe in and out with every step is a good way to avoid feeling tired
- Incorporate stretches after you exercise. Stretch your entire body to prevent soreness and tightness. While using treadmill regularly, remember, moderation is key.

BEAM THERE,
DONE THAT

During festivities, there is a rush for last-minute dermatological laser treatments. Experts guide you how to go about it

Susan Jose

Laser treatments are increasingly becoming popular. Despite some concerns, there are quite a few takers for medico-cosmetic treatments, especially during festive times when one wants a quick glow on their skin.

Dr Mikki Singh, dermatologist, Bodycraft Hair, Skin & Cosmetology Clinic, Bangalore, says, "Everybody wants to look good at all times. It's human nature. But festivals give people the excuse to go the extra mile to look better. People love dressing up in new clothes and jewellery for festivals, then why not revamp and brighten up their skin? However, most people prefer the simpler laser procedures."

The demand usually is for "lunch-time procedures", the ones which do not require much recovery time or have complicated post-treatment care. These treatments usually cost anything between ₹1,500 to ₹7,500 per sitting, depending on the clinic and the individual's skin condition.

Dr Saurabh Shah, dermatologist, Bhatia Hospital, Tardeo tells us some of the most sought after laser treatments during festive times:

Skin Polishing aka microdermabrasion: As the name suggests, it means controlled manual peeling of the uppermost layers of the skin with a machine called microdermabrader. This manoeuvre expedites the skin turnover time and exposes the underlying young, plump skin on the surface, giving an



Avoid swimming a few days before and after laser treatments

instant glow for about a week to 10 days.

Laser Facials or Laser Peels or Laser Toning: This has been in great demand during festivities. It implies using laser beams (Intense Pulsed Light or Q switched Nd:Yag laser) in particular as skin lightening agents. It is a relatively safe procedure with instant results. This also obviates the risk of allergic and irritant contact with substandard cosmetic creams used in local beauty parlours for skin facials.

Chemical Peels: One of the oldest and most time-tested procedures for a long-lasting glow on the skin. It means painting the face with a medical chemical exfoliant (processed from natural sources). This causes controlled exfoliation of the skin layer by layer and gives a rejuvenating effect. Also, it causes neocollagenesis, (production of new collagen) giving the skin a lustrous and plump-y feel.

These are some of the points that one should keep in mind before going in for



Microdermabrasion is one of the most popular "lunch-hour procedures" PHOTOS: ISTOCK FOR REPRESENTATIONAL PURPOSES ONLY

before your laser procedure

any laser procedure:

- Do not schedule any other treatment or procedure (especially parlor facials) which makes the skin sensitive
- Inform the dermatologist of skin allergies or even if your skin is very sensitive
- Do not use exfoliating products on skin at least three to four days prior to treatment
- Inform of any history of cold sores as one needs to be given antiviral before some laser treatments
- Avoid swimming a few days

What about side effects?

Even today, due to the medical and not cosmetic nature of laser treatments a lot of people are concerned about laser treatments. Addressing this, Singh says, "The most common medicines such as paracetamol also have 100 side effects but they rarely happen. Lasers have been around for a long time now and with each passing year it is only becoming advanced, reducing further side effects. The only thing the patient should be cautious about is having a proper consultation before starting any procedure so that

the right parameters are chosen depending on their skin type."

Having said that Singh advises to look out for the following "red flags", following which one must rush to their doctor immediately:

- Excessive burning or stinging on the face
- Redness or swelling
- Increased sensitivity to the sun
- Excessive dryness and peeling
- Development of post-inflammatory hypo or hyperpigmentation.

With inputs from Dr Apratim Goel, dermatologist, Cutis Skin Solution, Bandra (W),

Dr Jyoti Aneja, dermatologist, La Grace Luxury Skin Clinic, Bandra (W), Dr Monica Bambrro, dermatologist, Artemis Hospital, Gurgaon, Dr Latika Arya, dermatologist, LA Skin & Aesthetic Clinic, New Delhi, Dr Rinky Kapoor, dermatologist, Fortis S L Raheja Hospital, Mahim and Dr Monica Jacob, dermatologist, Bobbe Wellness.

Experts list few common mistakes people tend to do after laser procedures and suggest taking measures to prevent them:

- After one session, taking dermatology into own hands with the use of at-home microdermabrasion kits, peels and masks bought from drugstores
- Not allowing enough time in between treatments and complying with dermatologist's aftercare instructions
- Immediate sun exposure, applying makeup immediately, rubbing face aggressively with rough towel, applying drying medicated creams soon after, etc.
- Not completing all the sessions required for the treatment, which may hamper optimum results
- Self-medication in case of complications
- Avoiding waxing, bleaching, threading, etc. till a specified period of time
- Not following the dermatologist's instructions on when to wash the face and with what to wash.



Never compromise on sunscreen