

Case Study:

Kneel Down: And Don't Forget the Basics of Safety!

An Opinion by Lee Richards, President, ProKnee Corporation, EST. 1987

Repetitious motion is a breeding ground for a multitude of "overuse" injuries. If you work in the flooring industry, as gratifying as our craft might be, the unfortunate downside is you may be a victim of frequent back and knee pain. Without proper safety precautions taken, you could be setting yourself up for years of discomfort in the future. Preserving your knee health is commonly overlooked in younger years, but essential to the prolonging of one's career and overall quality of life.

Awareness and pro-activity are the key components to longevity of optimal knee and back health. Preventative solutions such as consistently utilizing knee pads, practicing proper lifting and bending techniques as well as strengthening your supporting muscles will all contribute to a happier, healthier knee and back situation. Bear in mind, your knees and back work in a harmonic exchange of workload. What you do to one...ALWAYS effects the other.

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We receive numerous case studies from installers that were ready to quit their 20-30 year careers and start over in a completely new field, not because they wanted to, but because their knees couldn't take the pressure...

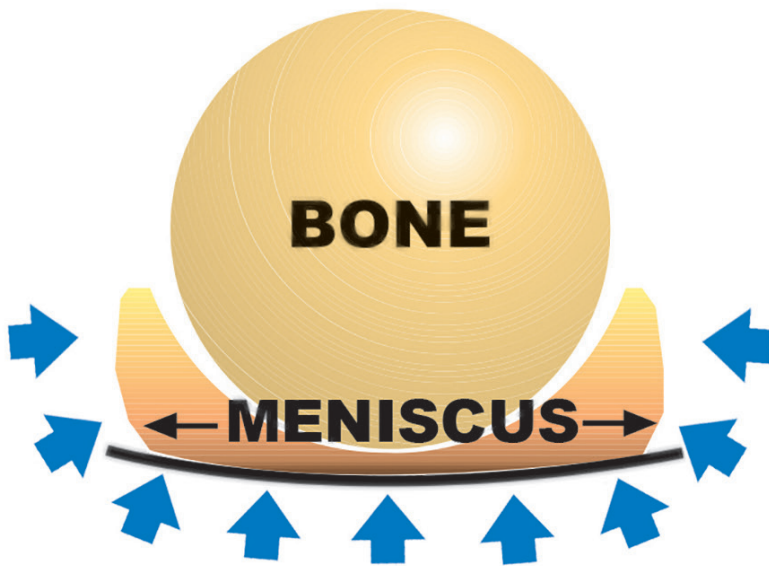


until they tried our ergonomically custom fit knee pads. These knee pads were designed to evenly distribute your weight across the entire length of your shin thereby taking pressure off of your knee joint where your joint bears the burden of your every-day wear and tear.

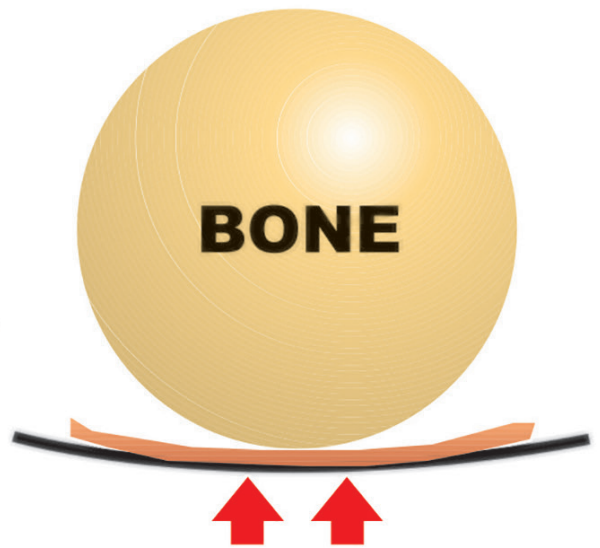


HEALTHY MENISCUS

WORN MENISCUS



A healthy Meniscus provides natural cushioning thereby allowing pain free movement of the joint.



As the Meniscus wears out, the weight of the femur is concentrated on a very small area that now needs maximum protection.

To understand the importance of this, let's delve a little deeper into the mechanics of your knee joint on a typical work day. When the weight of a person is concentrated to the knee area, there is friction between the bones at the joint. Sandwiched between the bones lies a thin layer of cartilage and tissue (meniscus), that acts as a cushion, which allows pain free movement of the joint.

With not much natural support to hold it together, the joint continuously works on this thin layer until it starts to wear out. This may cause an assortment of knee problems including loose joints, knee burn pain, fluid build up and tissue swelling. The key to keeping a knee joint healthy is by stabilizing the area around the joint from excessive movement as weight is applied.



ProKnee has worked to revolutionize the industry with preventative and preservative methods of knee pad design where our knee pocket shape and custom laminated foam inserts help to support the meniscus while stabilizing the area around the joint from excessive movement as weight is applied.

So whether opting for a high-end custom fit knee pad or picking up some generic knee protection at your local hardware store...protect your knees. They're the only ones you've got.

PROINSTALLER

Photos courtesy of ProKnee