

The curse of the kninkles!

Getting weighed down by the sight of sagging skin around your knees? *BT* speaks to experts on how to deal with it



Lisa Antao

Demi Moore is said to have spent 5000 pounds on a surgery for kninkles

symptoms of sagging knees get noticeable from the age of 35 onwards. This is prevalent in men too."

Cosmeto-dermatologist Dr Anuya Manerkar says that degeneration of collagen (a fibrous protein that connects and supports body tissues like skin, muscles, bones, cartilage) precipitated by gravity, chronological aging, photoaging (premature wrinkling of the skin caused by overexposure to sunlight, skin type of patient (white to dark brown), smoking and

Dr Manerkar:

■ Knee lift surgery

Cosmetic surgeon Dr Mohan Thomas explains that the procedure consists of making an incision through the skin above the knee, so one is obviously left with a scar. The downside is that the scar will invariably widen due to stretching skin. For all practical purposes, it is today a very poor choice in comparison to all the procedures available today. The cost of the procedure is between ₹25,000-75,000.

■ NON-SURGICAL OPTIONS

If you are against going under the knife or have budget constraints, these exercises will help to some extent. Pilates expert Samir Purohit says pilates has several different exercises that help you lengthen and strengthen your thighs, thus filling out those wrinkles in your knees. He suggests:

■ Swimming

Lie on your stomach with legs straight and together. Keeping your shoulders away from your ears, stretch

your feet shoulder-width apart. You can hold on to the back of a chair or place your hand against a wall for support, or simply leave your hands by your side. Keeping your knees vertical to your ankles/toes, push your butt back as if you're going to sit on a chair. Be sure to bend your knees deeply, but only until they are right over your toes. Bending your knees past your toes can cause a great deal of damage, so be careful. Hold the squat position for a breath or two and then stand up straight again. Repeat 15 times, and do three sets.

■ Leg extensions

Lie on a mat with your knees up and your thighs and calves creating a 90-degree angle. Straighten your right leg and point your toe to the ceiling while keeping your left leg in the starting position. Return your right leg to the original position and repeat the movement on the left leg. Repeat this exercise 20 times on both legs.

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You're in your mid 30s with a successful career, and a painstakingly well-maintained body. However, you always think twice before wearing that little black dress or a short skirt to an evening out. The reason? Wrinkly skin on your knees. Sagging skin on the knees, unfortunately, can affect anybody irrespective of their body shape and size. Even hot-bodied Hollywood actresses, who are the envy of countless women across the globe, have fallen prey to this unflattering look.

weight leads to sagging knees. Sagging knees show signs from age of 30 in slim women, but can start earlier in obese women.

Also, women who have undergone drastic weight loss via quick-fix methods are prone to sagging knees and arms.

■ SURGICAL OPTIONS

■ Dermal fillers

Dermal fillers 'plump up' the skin around the knees. "They work by replacing the lost hyaluronic acid in your skin. It works by binding water molecules together and keeping the area moist. These water molecules act as a cushion for skin. This is why young, healthy skin is often described as 'plump'. By injecting a gel filler into affected areas, the product fills out the skin," explains Dr Srivastava. Dermal fillers are fairly painless lunch-time procedures and cost anywhere between ₹30,000-60,000.

■ Radio frequency procedure

Here, collagen production is stimulated via secretion of fatty acids into extra cellular space, facilitated by the blood and lymphatic glands, leading to toned, firmer skin. Radio frequency is anything between ₹5,000-8,000 per session, says Dr Manerkar.

■ QUICK TIPS

- When bathing, do not forget to scrub the knees and apply thick moisturiser. Cover the knees by tying long socks around them.
- Adhere to a healthy diet of fresh fruits and vegetables, lean proteins and whole grains. A healthy diet that is full of antioxidants, vitamins and minerals will help your skin produce new cells, collagen fibres and an even surface.
- Avoid refined sugars and high-fat foods that can cause weight gain and subsequently sagging skin.



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(From left) Catherine Zeta-Jones, Gwyneth Paltrow and Eva Longoria have been sporting kninkles