

**WHAT ADVENTURES ARE YOU
MISSING BECAUSE OF...**

KNEE PAIN



**Find relief from your pain and
get back to enjoying life!**

ALSO INSIDE:

August Virtual Workshop • Exercise Essentials • Patient Success Spotlight





DON'T LET KNEE PAIN
KEEP YOU DOWN!

PHYSICAL THERAPY CAN HELP YOU RESOLVE YOUR UNWANTED KNEE PAIN

Do you experience pain and swelling with squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At TherapyWorks, our physical therapists can help you find relief and get you moving again!

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment.

Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physical therapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physical therapists!

At TherapyWorks, we can get you moving once again by relieving your pain and enhancing your body's natural healing process. Call today to schedule an appointment with one of our experts!

WHAT ARE THE MOST COMMON KNEE INJURIES?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Knee injuries can result from direct contact or a sudden movement that strains the knee. When there is no specific event connected to the damage, the most common knee pain causes are aging, injury, or repeated stress on the knee.

Knee pain can be mild or severe and include sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some common knee injuries include:

Arthritis. The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage surrounding your joints deteriorates, and the joint no longer has a sufficient cushion between the bone. This leads to joint inflammation, with varying levels of pain and dysfunction.

Cartilage Injuries. There are two common cartilage injuries:

Continued inside.

DON'T LET KNEE PAIN KEEP YOU DOWN!

Continued from previous page.

- **Meniscus injury:** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.
- **Articular cartilage injury:** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.

Ligament Injuries: Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion.

Anterior cruciate ligament (ACL). It is located in the center of the knee and controls rotation and forward movement of the shin bone.

Posterior cruciate ligament (PCL). It is located in the back of the knee and controls the backward movement of the shin bone.

Medial collateral ligament (MCL). The medial collateral ligament is on the inside of your knee and provides stability to sideway motions.

Lateral collateral ligament (LCL). The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.



Tendinitis. Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes inflamed due to repetitive movements. It is common with jumping and landing motions and also in sports like skiing, cycling, or hurdling.

Knee pain can make it hard to walk, rise from a chair, climb stairs, or play sports. Our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!

HOW PHYSICAL THERAPY CAN HELP YOUR KNEE PAIN

Physical therapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will examine your knee for signs of misalignment or structural damage and assess your stance, gait, and functional movements like squats and steps. Your therapist will prescribe the right treatments — including exercises, manual therapy, and modalities — to help decrease your knee pain and improve overall mobility.

We will provide you with a supervised, progressive program to get you moving again. Our programs to reduce pain and restore function consist of range-of-motion, strength training, proprioception, and neuromuscular control activities.

If you are living with knee pain, contact TherapyWorks today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!

Put an end to your knee pain!

Call us at **(785) 367-3395** or visit us at **www.therapyworkskansas.com** to schedule your appointment today!

**Are You in Pain?
Have You Suffered an Injury?
Come Back to PT!**

- 1** Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2** If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3** Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.

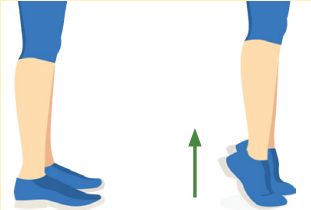


Exercise Essentials

This exercise helps relieve knee pain.

HEEL RAISE

Stand while holding a chair for support. Slowly stand on your tip toes, lifting your heels as high as you can and hold the position. Then repeat to the starting position. Repeat 6-10 times throughout the day.



Patient Success Spotlight



"When I came into TherapyWorks for my first appointment I could not lift heavy, run, or jump without extreme pain. Thanks to the wonderful team here I am now back in the gym and looking back into running pain-free" - Layne

AUGUST VIRTUAL WORKSHOPS

SHOULDER PAIN & ROTATOR CUFF

With Cindy Johnson, M.S., MCMT
August 10th at 6:30 pm



BACK PAIN & SCIATICA

With Cindy Johnson, M.S., MCMT
August 24th at 6:30 pm

FACEBOOK LIVE INTERVIEW EVENTS

August 3rd at 12:30 pm Topic: Shoulder Pain FAQ with Lydia Kepler, PTA

August 17th at 4:30 pm Topic: Avoiding Yardwork Injuries with Mike Johnson, PTA

August 31st at 4:30 pm Topic: Backpack Safety with Rachel Barron, PTA

Checkout our Facebook page for more details www.facebook.com/TherapyWorksKS/



GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!

Scan the QR code to go to our Google Review page.

