

KNEE PAIN CAN IMPROVE WITH THE RIGHT COURSE OF ACTION

Provided by Excel Physical Therapy

Knee pain is a very common issue which affects people of all ages. It can be the result of a specific injury or the result of wear and tear over time. Knee pain can appear years after an injury, and it can last a few hours or a few months. The pain can impact your day to day activities and lead to a negative impact on your quality of life. While all of these statements are true, that fact is that knee pain can be treated and can improve with the right course of action. So, where do you start?

The first step is figuring out the source of your pain. The knee is a major weight bearing joint with many components. The two main bones that make up the inner surface of your knee are the femur (thigh bone) and tibia (shin bone). The surfaces of these bones are covered with cartilage to allow for smooth movement of one bone on the other, including your meniscus, which is a thicker pad of cartilage that helps absorb the shock of walking, running, jumping, twisting, etc. There are also four main ligaments, both on the inside

and surrounding the outside of your knee to further help stabilize the joint. Lastly, your patella, or knee-cap, sits on the outside of your knee joint to protect the joint. A sudden injury to any of these structures can cause pain, which can become chronic if not addressed right away.

However, pain does not always arise from a sudden injury. Conditions such as arthritis, patellofemoral pain syndrome (or PFPS), or tendinitis can occur from repetitive overuse of the joint and surrounding soft tissue (ligaments, tendons, muscles).

Arthritis is common condition which can impact knee pain, but not often explained. Over time, the cartilage which provides lubrication for joint movement starts to break down, causing pain, swelling and stiffness within the joint.

PFPS is a more broad diagnosis, describing pain at the front of the knee joint and around the knee cap that is often the result of weakness either above or below the knee joint (at the core, hip, thigh, or lower leg) or poor mobility in any of these areas. This altered mobility and/or strength often causes your body to change the way you move such as when walking, squatting or stair climbing, which can result in increased force placed on your knee joint.

Lastly, tendinitis is the overuse of a tendon, which is the strong, fibrous tissue that connects muscle to bone and can occur at either the front of your knee or the back of your knee.

If you are experiencing these types of pain, physical therapy can help! Through a thorough evaluation, your physical therapist will determine where there are deficits in mobility and strength and develop a comprehensive and individualized plan geared toward your specific needs to help you achieve your health goals. This therapy will include hands on manual therapy, therapeutic exercise and education on techniques to prevent an injury recurrence.

To find an Excel physical therapist near you, please visit our Locations page at our website: <http://www.excelphysicaltherapy.com/>. For more information, or if we can assist in answering any questions, please call us at 866.883.9235 or email us at info@excelphysicaltherapy.com. Our Mission is Your Recovery!



DRAINMEN PLUMBING INC.

When You Have A Back Up In Your Main, Or A Problem In Your Drain . . Call Drainmen!

484-366-9362



Our Mission is Your Recovery!



- Early morning, evening, and Saturday appointments available
- First visit scheduled within 24-48 hours
- Knowledgeable, caring physical therapists
- 33 area clinic locations and growing
- All major insurances accepted



Phoenixville

528 Kimberton Road
610-933-6232

Pottstown-Coventry

10 Glocker Way
610-323-4300

Royersford

341 10th Avenue, Suite 101
610-792-8100

excelphysicaltherapy.com

Keeping hearts healthy.



Alexy Tatusov, MD
CARDIOVASCULAR DISEASE

In my role as a non-invasive cardiologist I can provide guidance on treatment of a wide variety of conditions

including congestive heart failure, valvular heart disease, hypertension, hyperlipidemia, coronary artery disease and cardiac dysrhythmias. I have a special interest in preventative cardiology, treatment of coronary artery disease and adult echocardiography.

I strongly believe in an individualized approach to cardiac care and emphasize compassion, respect and shared decision-making with my patients."

Welcome!

pmadocor.com

PMA Pottstown
13 Armand Hammer Boulevard
Suite 100
Pottstown, PA 19464
610-323-3100



Comprehensive Care... In Your Neighborhood.