



WALK AWAY FROM UNWANTED KNEE PAIN

WITH THE HELP OF PHYSICAL THERAPY

www.TherapyWestPT.com



SCAN ME



Has your pain come back? We would love to help!
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Walk Away from Unwanted Knee Pain with the Help of Physical Therapy

Do you experience pain with squatting, prolonged sitting, or climbing stairs? Are you living with persistent pain, swelling, or mechanical symptoms, such as catching and locking? Do your knees make it difficult to perform daily tasks that once seemed simple? If so, Therapy West Physical Therapy can help you find relief.

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do some of the activities you love. Fortunately, our physical therapy treatments at Therapy West Physical Therapy can get you moving once again by relieving your pain and enhancing your body's natural healing process.



What Are Some 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. Because of this, the knee can be easily injured due to overexertion or repetitive motions. Some common knee injuries include:

- **Arthritis.** The most common type of arthritis for knee pain is osteoarthritis. Osteoarthritis occurs when the cartilage surrounding your joints deteriorates from “wear and tear.” This causes uncomfortable friction as the joint no longer has a sufficient cushion between the bone. Rheumatoid arthritis is another common cause of knee pain. This is a chronic autoimmune condition that causes the joints to become swollen and inflamed, with varying levels of severity.
- **Fracture.** A fracture occurs when one of the bones in the knee (including the kneecap, or patella) become damaged. Fractures are typically the result of some type of trauma, such as a harsh fall or collision.
- **Torn ACL.** An anterior cruciate ligament (ACL) tear occurs when one of the ligaments connecting your shinbone to your thighbone becomes torn. This is a common injury for athletes who participate in sports that are physically-demanding on the knees, such as basketball, track and field, or soccer.
- **Torn meniscus.** The job of the meniscus is to act as a shock absorber between the shinbone and thighbone. It is made up of thick cartilage, but it can be torn if your knee twists too suddenly while weight is still being put on it.
- **Patellar tendinitis.** Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when one or multiple tendons become inflamed. The patellar tendon, located in the knee, typically becomes inflamed through repetitive jumping motions common in sports such as skiing, cycling, or hurdling.
- **Knee bursitis.** Bursae are small fluid sacs that act as cushions outside of your joints. Knee bursitis occurs when the bursae in your knee become inflamed, limiting the ability of your tendons and ligaments to move smoothly over the joint.

How Can Physical Therapy Help?

Our licensed physical therapists at Therapy West Physical Therapy will examine your knee for signs of misalignment or structural damage, in addition to examining your stance, posture, gait, and range of motion. After your physical exam is complete, your physical therapist will prescribe a physical therapy plan for you, aimed at relieving unnatural stresses and strains, and normalizing your joint function. Treatment plans for knee pain typically include:

- Activity modification and manual therapy to allow for appropriate off loading and healing. This may include joint/soft tissue mobilization, custom foot orthotics, over-the-counter bracing, or kinesio taping in the short term, in order to reduce symptoms and open a window to symptom-limited exercise.
- Graded strength, dynamic stability, and capacity training targeting the quads, glutes, hamstrings, foot/ankle complex, and core. Strength training of the quads and glutes has been shown to be highly effective with regard to reduction of pain, and it mitigates the risk of recurrence/flare ups in the future.
- Restoring range of motion in the knee. A knee with poor range of motion that is constantly flexed can cause persistent painful symptoms. Restoring range of motion will help it bend easier and ease stress on the knee, thus relieving pain.
- Graded exposure to previously painful activities, as gains in strength, tolerance, and capacity allow.
- Education regarding activity modification and the role of the nervous system in pain.

What Can I Do On My Own To Keep My Knees Healthy?

While physical therapy is the most effective form of treatment if you are currently experiencing knee pain, there are some precautions you can take to lower your risk of developing unwanted knee pain and injuries altogether:

1. Stretch your hamstrings, quadriceps, and adductor muscles each day. By keeping these muscles flexible, the forces on your knee joints stay balanced, which allows you to bend and rotate the knee.
2. Keep the muscles around your hips and knees strong, especially the

gluteal and quadricep muscles. Studies show that adults (especially those 55 or older) who have stronger gluteal and quadricep muscles tend to have less back pain and a greater ability to perform daily activities.

3. Exercise regularly. While this is good for the whole body, the knees especially need exercise to keep their cartilage healthy. The cartilage does not have much blood supply and requires its nutrition from joint fluid. Most of the joint fluid absorbs into the cartilage only through movement and compression of the knee. Therefore, it is important to do weight bearing exercises, such as walking, running, or playing a sport. However, if you have arthritis, it is advised that you do activities with less of an impact, such as biking, elliptical machines, or aquatic exercises.

Contact Us Today!

Are you living with knee pain? If so, don't hesitate to contact Therapy West Physical Therapy today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!



If you are struggling with pain, see our website for additional information on your condition by scanning the QR code or by visiting www.TherapyWestPT.com

Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison
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Ephraim
435.283.6334

Mount Pleasant
435.462.0178

Richfield
435.896.4282

Bicknell
435.425.3719



Staff Spotlight | Jesse Brunner

Jesse was born and raised on an apple orchard in Tehachapi, CA. After high school he served a mission for his church in Ohio and Kentucky and then attended Fresno State University where he received a Bachelor's degree in Saxophone Performance. After Fresno, Jesse relocated to Provo, UT where he obtained a Master of Music degree from Brigham Young University. Throughout Jesse's career in music, he taught both privately and as a college educator. In addition, he was privileged to participate internationally at many prestigious performance programs and perform on the stages of some of the world's greatest concert halls. He graduated with a Doctor of Physical Therapy degree from Rocky Mountain University of Health Professions. He enjoys treatment of all orthopedic conditions and is passionate about treating the shoulder and spine, especially the cervical spine, including headache and TMJ disorders. Jesse believes in providing the highest quality of care to his patients and is thrilled to be part of the team at Therapy West.

Jesse and his wife, Kayla, recently returned to Spring City, UT from Coeur d'Alene, ID and are excited to be an active part of their community. When not at work, Jesse enjoys playing his saxophones, mountain biking, hiking, watersport activities, camping/fishing, writing, listening to music, and seeking out the best sushi. Above all, Jesse enjoys spending time with his wife and four young children.



To learn more about our team and how we can help you, simply scan the QR code or by visit us online at www.TherapyWestPT.com

Exercise of the Month Knee Extension Stretch



While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Redeem Your Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer! Spots are limited so call today to schedule your free consultation!

Offer Expires: 12/31/21