



PHYSICAL THERAPY CAN HELP YOU RESOLVE UNWANTED KNEE PAIN

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Physical Therapy Can Help You Resolve 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 Therapy West Physical Therapy & Sports Medicine, 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 Therapy West Physical Therapy & Sports Medicine, 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:

- **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 sideways 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.

Contact Us Today!

If you are living with knee pain, contact Therapy West Physical Therapy & Sports Medicine today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!

Sources:

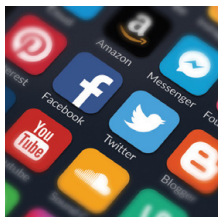
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Stop Putting Off Your Pain. We Can Help!

Schedule your next appointment by scanning the QR code or by visiting www.TherapyWestPT.com today!



Follow Us On Social Media!

We stay active on our social media platforms to provide you important updates, what's happening around our clinic, free workshops, patient success stories, videos, and more! Don't miss out - follow us today!

 @therapywestpt

Get Your Life Back with Therapy West

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

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Staff Spotlight | Ben Robinson

Ben Robinson, DPT, attended the University of Utah for both his pre-physical therapy degree and his doctorate degree awarded in 2006. Before moving to Mt. Pleasant in 2008, he received additional instruction through Sole Support and kinesio taping. His focus is spent on the outpatient clinic in Mt. Pleasant. Ben completed training for dry needling in 2019 and in 2021 started a sports performance training program for athletes. This has been very successful and he loves working with student athletes.

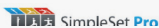
Ben volunteers at the North Sanpete High School athletic program, and the Snow College medical staff for athletics. Ben evaluates each child and sets up a plan that will work with the disability. *"I believe hands-on manual skills will improve what the patient needs. A heavy emphasis on exercise and movement when healing the body will produce significant progress. Special and specific testing is done to evaluate the problem to see what is wrong and then address this through therapeutic exercise. I try to tailor this to the patient's interests and activities."*

Ben and his wife, Kaylin, have four children. Family activities include anything outdoors, fishing, hunting, camping, tubing, etc. The family enjoys watching as well as participating in athletic events. Keeping fit, himself, Ben has a personal exercise program and likes to bike. "I want to build a relationship with the patient so when they walk out the door they feel better than when they walked in."



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 Lunge



Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

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



Custom Orthotic Fittings

Our clinics offer custom orthotic fittings to ensure your feet have proper support and comfort! Call us or visit www.TherapyWestPT.com to learn more!