



IS KNEE PAIN HOLDING YOU BACK?

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breckenridgephysicaltherapy.com



BPT
**NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY**
DETAILS INSIDE



DON'T LET YOUR KNEE PAIN HOLD YOU BACK!

Do you notice pain in the front of your knee when you squat or walk downstairs? Do you feel pain around the kneecap when you are running? You may be experiencing anterior knee pain.

At Breckenridge Physical Therapy, our highly trained physical therapist can assess your knee pain and help develop a plan to resolve your pain and get you back to doing what you love!

Anterior knee pain is felt at the front, center, and around the patellofemoral (i.e., kneecap) joint. Some of the other symptoms that present with anterior knee pain include:

- Stiffness (i.e., limited or difficult bending)
- Muscle weakness
- Problems walking (especially when climbing stairs)
- Snapping, crackling, and popping sensations (i.e., crepitus)

Many people try to push through the pain they feel, but this can worsen the issue. Whether or not it is sharp or dull, pain in the knee should be paid attention to and not pushed through. Fortunately, at Breckenridge Physical Therapy, our therapists are experts at treating all types of knee pain.

What Causes Anterior Knee Pain?

Anterior knee pain is a symptom, not a diagnosis. Numerous possible conditions are causing pain to be felt in the front of the knee. Most commonly, the kneecap (patella) has an abnormality or muscular imbalance causing an issue with its movement in the groove it rides in.

It is essential to identify the exact location of the symptoms and the activities that provoke them to determine the likely cause of the pain. Pain in the front of the knee can come from many sources, including:

- Weak or overused muscles
- Tendonitis
- Articular cartilage damage (chondromalacia patella)
- Bursitis
- Swelling due to fluid buildup in the knee joint (i.e., ACL injury or meniscus tear)

Our physical therapists will perform a thorough examination and use our in-depth knowledge of the structures and typical injury patterns to identify what is causing your pain and how to resolve it!

Call today to schedule an appointment with one of our highly skilled therapists and let us help get your knee feeling better!

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HOW CAN PHYSICAL THERAPY HELP TREAT ANTERIOR KNEE PAIN?

Your physical therapist will conduct a thorough evaluation of your movement, walking patterns, strength, joint mobility, patella tracking, and proprioception to get to the root cause of your anterior knee pain and treat it accordingly.

Specific tests include the following:

- Pain location and type
- Instability problems
- Alignment of the entire lower extremity
- Tightness of muscle
- Muscle weakness or imbalances
- Patellar position (i.e. the position of the kneecap is up or down, to one side or another, tilted or rotated)

Additional indications that physical therapy intervention is needed include difficulty performing specific functional tests, including challenges with squatting, step-up/down exercises, and single-leg balance.

Anterior knee pain is often due to faulty hip mechanics, so any assessment needs to involve the entire lower extremity. There is strong evidence for the benefits of a therapeutic exercise program that incorporates the hip extensors, abductors and external rotators, quadriceps, and core musculature. In addition, working on coordination and stability training will help to achieve optimal results.

We will create an individualized treatment plan specifically for you and your unique needs, so you can get back to living a pain-free life as quickly as possible.

What To Expect In Physical Therapy

Anterior knee pain is a common condition that responds to physical therapy interventions focused on patient education and restoring muscle capacity to handle progressive loads. Our therapeutic programs will include exercises that help to reduce and/or manage pain.

Education is essential to understand the condition you are dealing with and the underlying issues causing your problems. Strengthening is the foundation for long-term improvements in pain and function. We will implement movement retraining based on any faulty techniques that are identified during activities that provoke pain.

If you live with recurring knee pain or discomfort that has lasted for more than 7-10 days, it is in your best interest to see a physical therapist.

At Breckenridge Physical Therapy, our physical therapists are experts in joint movement and function. We can help you figure out why you are experiencing pain and how to resolve it.

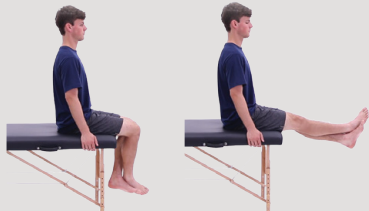


Exercise Essentials

Try this exercise to help strengthen your knees.

KNEE EXTENSION PROM

Start by sitting on the edge of a table so that your legs are dangling off of the edge. Place your non-working leg behind your working leg so that your ankles are crossed. Relax the working leg and allow the non-working leg to lift both legs up so they are fully extended in front of you. Lower your legs and repeat 10 times.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.



Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

How Warming Up and Cooling Down Prevents Injuries



Are you looking for an edge on the playing field? Or maybe you are more interested in preventing injuries and maximizing your recovery. Dynamic stretching and Proprioceptive Neuromuscular Facilitation (PNF)-type stretching has been shown to help improve range of motion, increase blood flow and improve overall performance, especially in sprinting and jumping sports.

It has also been shown that warm-ups that simulate the actual sport (functional movements) you are about to participate in can help improve your performance. But long-duration (<60 seconds) static stretching may impair your performance and should be avoided or followed up by dynamic stretching and/or a general warm-up.

If your primary goal is to prevent musculoskeletal injuries to the hip, knees, or even the shoulders, warming up properly will focus on increasing blood flow, mobilizing the muscles and joints, and cooling down (recovering) properly. There is significant evidence to support the use of warm-up programs in a team and individual sports, with an expected reduction of the risk of injury by over 35%.

Recovery is as important as warming up and should consist of proper hydration, nutrition, and foam rolling to minimize post-workout soreness. Adequate sleep is by far the most important tool for recovery and injury prevention and should be at the top of the list for every athlete!

No matter your age or ability, learning to warm up and cool down can make all the difference between injury and playing pain-free!

Sudoku

	4		3	8				
					1	3		6
			6	5			7	
		5						4
6	2			5			8	7
3						2		
	3		8	9				
2		8	5					
				3	6		5	

1sudoku.com

PATIENT SUCCESS STORIES

"MY LONG-TIME KNEE PAIN IS GONE!"

"Justin's treatments and prescribed workouts fixed my long-time knee pains surprisingly fast. And my vertigo rarely appears any longer – a side issue that he treated while working on my knee. The next sessions worked on my upper arm pains – and those have now been resolved. Total satisfaction!" — **Alan G.**

No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

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- ✓ Balance confidently & securely
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Call us at 970.364.6601 or visit breckenridgephysicaltherapy.com



WANT TO IMPROVE YOUR PERFORMANCE IN WINTER SPORTS?

COME BACK TO PT!

Contact Breckenridge Physical Therapy today and start living pain-free again!

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BRECKENRIDGE



PHYSICAL THERAPY

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***Do You Know Anyone
That Needs Our Help?
Refer-A-Friend Today!***

*Call us to schedule an
appointment today!*

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MEMBER AND WILL HAVE OFFICE SERVICE
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NEW YEAR PAIN-FREE!**

