

Treating and Preventing Knee Injuries

PERSONAL MESSAGE

In This Issue



2 KNEE PAIN
Risk factors and what to do.

3 TIPS & TRICKS
Exercises to minimize problems with knee pain.

4 FAQ
Most frequently asked questions about knee pain.

KNEE PAIN—SIMPLE TEST
What is the state of your knee?

5 FEATURED PHYSICAL THERAPIST
If you have Knee pain, our featured therapist can help you.

6 SUCCESSES
CONTACT Us

Though knee injuries are commonly associated with athletic injuries, other things such as occupational hazards can also bring them about. For instance, bursitis of the knee (pain and swelling in the bursa above the knee) is caused from extended periods of kneeling and would be common for gardeners or people who lay carpets or tiles. “Runner’s Knee” (pain and swelling behind the knee cap) is a common ailment of cyclists, catchers and golfers. It would also be common for jobs requiring a lot of bending of the knees.

First aid for the knee

With a new knee injury the first thing to do is to simply apply good common sense. Stop the harmful activity. Sit down and elevate it to keep the swelling down. Apply ice for the first 24 hours, to reduce swelling and pain. After the first 24-hour period you can apply heat to help the body absorb the extra fluid in the area. Wrapping with an ace bandage (adding compression) can also be beneficial in reducing the swelling and the pain.

Physical Therapy for the knee

There are two main goals of Physical Therapy. One is to design an exercise program that will take your knee through its normal range of motion. This will prevent stiffness and scarring. The second goal, which is begun at the appropriate time, is to start exercises designed to strengthen the muscles around the knee and give it more stability. This will help it recover faster, especially after surgery, as well as reduce the risk of further injury as you return to your normal activities. Strengthening the muscles is vital because the additional strength is needed to compensate for stability you might have lost with your injury, as in the case of a torn cartilage or a sprained knee.

Prevention

Preventing knee injuries is a lot easier than recovering from injury. Here are some things you can do to prevent knee injuries:

1. Before vigorous workouts or athletic participation always do stretching exercises and warm-ups. Also, stretch again and do an appropriate cool-down routine after exercise.
2. Increase your activities and sports on a gradient.
3. **STRETCH!** This improves your flexibility, which will help to protect your knee joint.
4. Condition yourself year round - not just for a season.
5. Avoid jumping, cutting and pivoting. These are the most harmful motions for your knees.
6. When landing on your feet always bend your knees to help absorb the shock.
7. Always use appropriate protective equipment, i.e. kneepads, shin guards, helmets, etc. Good supportive shoes are a must.

Your Physical Therapy program will take you through a number of stages. The first stage will be to increase the motion in the knee. Then it will progress to strengthening to improve stability and balance. And finally you will work on training specific to your sport or work activity. This will also include exercises to prevent further injury.

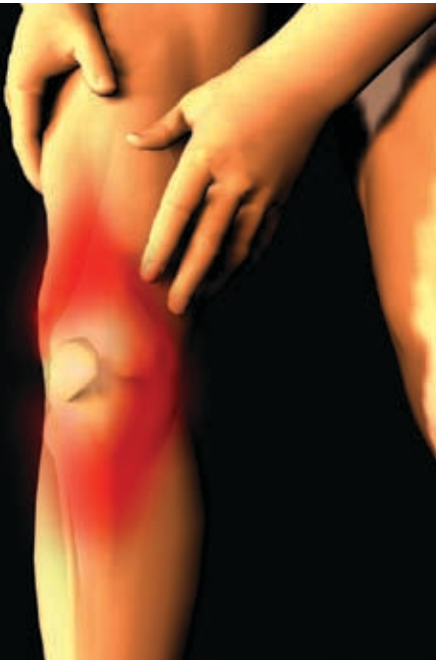


Sheila Yonemoto, PT—Owner, Yonemoto Physical Therapy

KNEE PAIN

RISK FACTORS THAT CAUSE KNEE PAIN AND WHAT TO DO ABOUT THEM

By Gaynor Hale, Physical Therapist



Almost everyone knows someone who has complained of knee pain. Young people, old people, women and men can all develop knee pain. This is because there are so many different things that can cause knee pain. It is important to identify the actual cause of the pain in order to treat it effectively.

Chondromalacia: is a softening and irritation of the cartilage under the knee cap. It causes pain under the knee cap especially when walking up and down stairs and squatting.

Bursitis: is an inflammation of the bursa, which acts to reduce friction between the bones of the knee and the tendons rubbing over them. The most common area of pain with bursitis is above the knee. Bursitis can develop from extended periods of kneeling. People that lay tile or carpets or do a lot of gardening are susceptible to this type of knee pain.

Patella tendonitis: is an inflammation of the large tendon that runs down the front of the knee. People often complain of pain in the front of the knee. Some people call it “jumper’s knee” because athletes that jump a lot can develop this painful condition.

Meniscus tear: is a tear or rip in one of the two crescent-shaped cartilages of the knee joint. These cartilages absorb

shock, preventing bone from rubbing on bone when you walk and move about and they distribute body weight more evenly across the knee. One is on the outside or lateral half of the joint and the other is on the inner or medial half of the joint. Tears in a meniscus are seen in both young people and old people. Young people and athletes tear the meniscus when the knee is bent and twisted during a traumatic injury. A person with a torn meniscus will complain of pain and swelling which is often accompanied by an inability to completely straighten the knee and/or complaints of the knee locking. In older people the meniscus can tear from normal degeneration and aging.



Ligament injuries: are sprains or overstretching of the ligaments that help to support the knee joint. When a ligament is injured the person loses stability in the joint. No longer being stable, the motion in the joint can become very painful. The four most important ligaments supporting the knee are found one each on the four sides of the knee. The most common one, however, is located in the front of the knee and is called the Anterior Cruciate Ligament (ACL). The person with ligament injuries will often feel as if the knee will “give out” and frequently complain of pain and swelling on the sides or the back of the knee. When a football or soccer player is hit on the

“Physical Therapy is the treatment of choice whether surgery is needed or not. The correct, precise exercises should be administered prior to surgery—sometimes instead of surgery—and are always essential after surgery to ensure a full recovery.”

outside of the knee, one or more of these ligaments is often torn.

Arthritis: is an inflammation or wearing out of the cartilage of the knee joint. All the surfaces of the bones of the knee joint are covered with cartilage. It caps off the bones and allows the bones to glide smoothly over each other without causing damage to the bone. When the cartilage is worn down the bones rub on each other and cause pain and stiffness. Osteoarthritis is the most common type of knee arthritis, occurring most typically in people over 50 years of age. As arthritis progresses, physical deformities can occur (knock-knees or bow-legs) which make it more difficult for people to participate in normal activities. People with severe arthritic changes often have difficulty navigating steps, walking for long distances, squatting down or even sitting comfortably.

Diagnosis: A physician often uses diagnostic tools such as x-rays and MRI to identify bone abnormalities and changes, fractures and soft tissue injuries. This, combined with information about exactly how the injury occurred, how long the symptoms have been persisting and a physical examination determine the exact cause of the problem. With correct diagnosis the proper treatment can be given.

Treatment: Physical Therapy is the treatment of choice whether surgery is needed or not. Rest, ice compression and elevation can help with the pain and swelling initially. The correct, precise exercises should be administered prior to surgery—sometimes instead of surgery—and are always essential after surgery to ensure a full recovery.

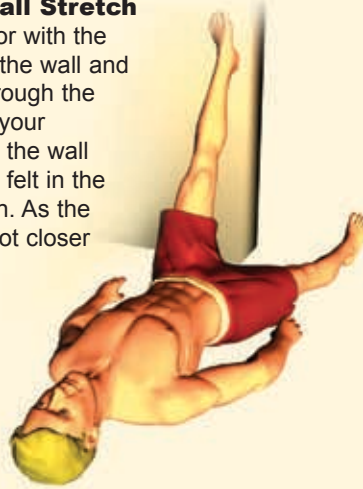
Tips and Tricks

Easy Exercises for Healthy Knees

Each of these exercises can be done in sets of ten repetitions, two or three times daily, or as tolerated, or as directed by your physical therapist.

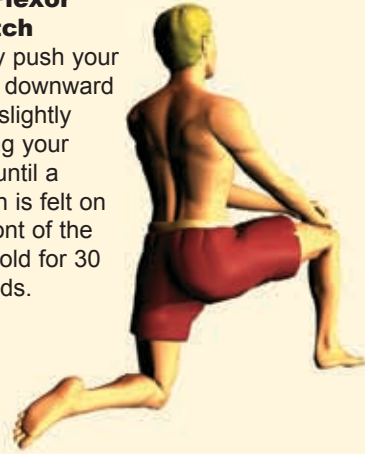
Hamstring Wall Stretch

Lying on the floor with the involved leg on the wall and the other leg through the doorway, scoot your buttocks toward the wall until a stretch is felt in the back of the thigh. As the leg relaxes, scoot closer to the wall.



Hip Flexor Stretch

Slowly push your pelvis downward while slightly arching your back until a stretch is felt on the front of the hip. Hold for 30 seconds.



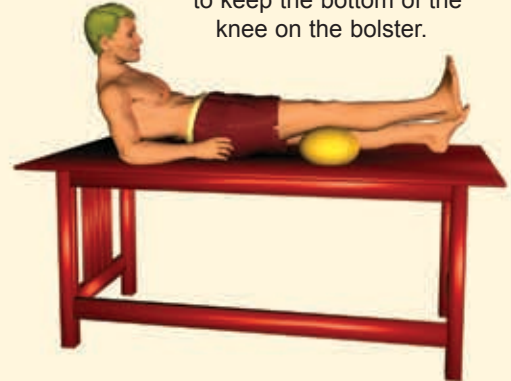
Quad Set in Slight Flexion

Gently tense muscles on top of thigh. Hold for 10 seconds



Strengthening: Knee Extension

With your knee bent over a bolster, straighten the knee by tightening the muscle on top of the thigh so that the heel lifts up slightly. Be sure to keep the bottom of the knee on the bolster.



Strengthening: Wall Slides

Leaning on a wall, slowly lower your buttocks until your thighs are parallel to the floor. Hold this for 5 seconds. Tighten your

thigh muscles as you return to the starting position.



Strengthening: Standing Knee Flexion

Standing, bend your knee as far as possible. Hold this for 30 seconds.



FAQ

How would I know if I sprained my knee?

Some people will experience a popping or snapping noise at the time of injury. That will be followed by pain with movement and an inability to put weight on that leg without a lot of discomfort. Additionally, the knee will swell, either in the front or behind the knee, and may feel unstable when you do stand on it.

What should I do if I think I might have sprained my knee?

You should apply the R.I.C.E. treatment. That stands for **R** = Rest, **I** = Ice to decrease the swelling or to prevent it, **C** = Compression such as wrapping an ace bandage around it, and **E** = Elevation to help decrease swelling. And, make sure you see a doctor. NOTE: Generally ice is applied to a new injury to prevent swelling and reduce pain. After 24 hours you can apply heat, which

helps the extra fluid, from the swelling, to be absorbed into the body.

What is “Runner’s Knee”?

That is an irritation or softening of the cartilage in the knee. It is called “chondromalacia.” This causes discomfort and swelling. The person will have trouble bending and squatting.

Why does my knee hurt playing basketball but not when I am walking around?

There are three movements that put tremendous strain on the knee joint. They are cutting, pivoting and jumping. Basketball requires a lot of all three of these movements, which should be avoided if you have knee problems.

Do you need to see a Physical Therapist for your knee pain? Take this simple test...

Simply place a check mark in the appropriate box. Once you are done, calculate the number of YESes and look at the results.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	I have pain in my knee that prevents me from sleeping.
<input type="checkbox"/>	<input type="checkbox"/>	I have pain in my knee when I walk on uneven ground.
<input type="checkbox"/>	<input type="checkbox"/>	I need to wear a brace on my knee when I work.
<input type="checkbox"/>	<input type="checkbox"/>	My knee sometimes buckles without cause.
<input type="checkbox"/>	<input type="checkbox"/>	I have a difficult time climbing stairs because of knee pain.
<input type="checkbox"/>	<input type="checkbox"/>	My knee surgery was successful, but I still have pain with too much activity.
<input type="checkbox"/>	<input type="checkbox"/>	I can't play sports anymore because of knee pain.
<input type="checkbox"/>	<input type="checkbox"/>	I feel grinding in my knee when I climb stairs.
<input type="checkbox"/>	<input type="checkbox"/>	Arthritis runs in my family, so my knee pain is something I have to live with.

Results:

Less than 3 Yes

You're doing fine. Exercising may help keep your knee in check.

Between 3 and 6 Yes.

Physical Therapy is an option for you.

Between 6 and 10 Yes.

We would advise you to see a doctor to get a better diagnosis. PT is definitely an option.



Featured Physical Therapist

Matt Himsey



Matt Himsey moved to sunny Southern California after graduating from Quinnipiac University in Hamden, Connecticut. He grew up in Rhode Island where he learned to love basketball, snowboarding, wakeboarding, the Boston Red Sox, Celtics and New England Patriots.

He will soon be training in a sports residency program while working here, which will also include on-the-field experience as well as sports specific rehabilitation. Matt plans to use his training to develop programs to return patients to a high level of sports function as well as other healthy levels of fitness.

Matt has a warm smile and easy-going manner that puts you at ease, whether you are 8 or 88 years old. He is an energetic person with a strong interest in continued learning, people and growth.

SUCCESSSES

What patients are saying...

Thanks to Yonemoto Physical Therapy. My therapist was excellent. She really listened to me and was very creative in her approach. All personnel are exceptional, friendly and professional. —E.T.

The experience was amazing. The Yonemoto Physical Therapy staff was very professional and extremely helpful. I do believe I healed faster because of the love, patience, and understanding that I was given. The whole staff gets an A+ in my book. —V.R.

When I first came in I was in a lot of pain. Yonemoto staff listened to my problems and where the pain was. The therapy helped me so much but the caring staff helped also. Thank you all very much. —G.T.



Coming to this office, I was having a difficult time walking and moving. Within weeks I was well on my way to a strong recovery. The staff at Yonemoto surpassed my expectations (which were high) for a speedy recovery. —D.M.

I really was not aware of what I was



going to experience after my ACL replacement surgery. After therapy, the evening that I rode a bike for the first

time, I nearly cried. The staff was aware and cheered me on. Meeting and working with healing people is always a gift. —H.R.

It is with pride that I acknowledge that my initial misgivings about physical therapy were unfounded. I have achieved the goals I set, and feel confident that my future activities will

be affected minimally by knee pain. —D.D.



The physical therapists were always concerned with my needs. They pushed me to my limits for a speedy recovery from knee surgery. My therapists were especially helpful and encouraged me to do

my best. I would truly recommend Yonemoto to everyone. —T.R.

Tired of having **KNEE PAIN?**



Come and Visit Us

Find out if Physical Therapy can help you ease the pain and help you gain a new outlook on life.

626-576-0591



YONEMOTO
PHYSICAL THERAPY

since 1982

Yonemoto Physical Therapy has successfully treated patients since 1982. We provide several therapy programs ranging from Integrative Manual Therapy, FirstLine Wellness programs, Worksteps, which provides services for employers, chi-gong, as well as therapy for common orthopedic problems such as backaches, knee injuries and twisted ankles and pool therapy programs.

Other specialties include orthopedics and sports medicine, TMJ, chronic headaches, Bell's Palsy, urinary incontinence, and low back pain from pregnancy.

We have highly qualified staff trained in methods combining the best from Eastern and Western medicine and philosophies.

Our clinic is open on Monday through Friday 7:30 a.m. to 6:30 p.m.



2003 Alhambra Business of the Year
2005 Alhambra Citizen of the Year

Serving the local
community since 1982

We can help you recover and achieve Whole Body Health.

Call us today for a **FREE CONSULTATION** at

626-576-0591

www.yonemoto.com

Treating and Preventing Knee Injuries

INSIDE:

2005
Distinguished Community
Service Award



FREE CONSULTATION

ADDRESS CORRECTION REQUESTED

www.yonemoto.com

55 S. Raymond Ave. • Suite 100 • Alhambra • CA 91801



PRRST:STD.
U.S. Postage
PAID
Acme Mailing
Professionals
Glendale, CA