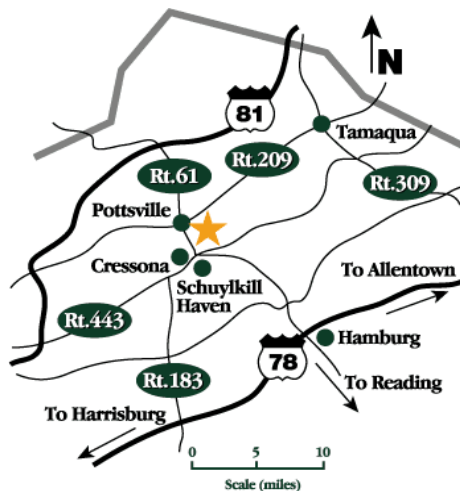


CARING FOR YOUR KNEES

WILL TAKE YOU FAR



☆ Schuylkill Rehabilitation Center is conveniently located in Pottsville



300 Schuylkill Medical Plaza
Pottsville, PA 17901

Phone: 570-621-9500

Fax: 570-621-9510

Hours: Mon.-Fri.-7AM-6PM

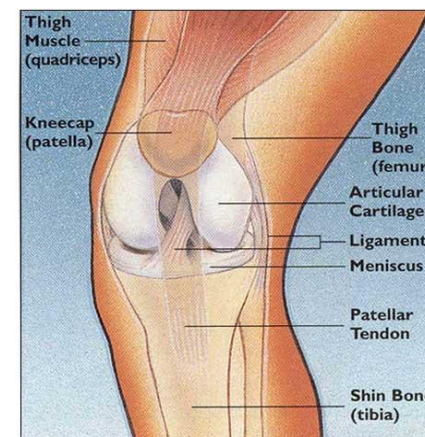
Saturday- 8AM-NOON

Visit our website:

www.schuylkillrehab.com



THE KNEE

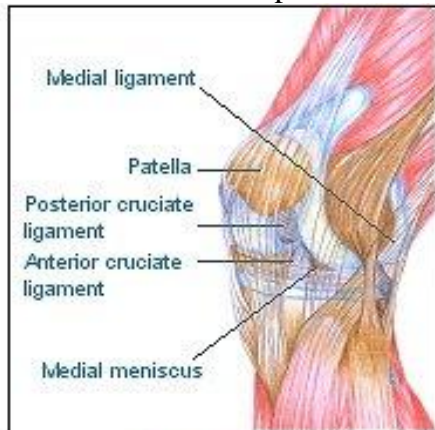


Normal Knee Anatomy

Anatomy of a Healthy Knee

The knee is a joint that connects the two bones of the leg, the thigh bone, and the shin bone, also known as the femur and tibia. The knee cap, also known as the patella, is a much smaller bone that protects the knee and allows for improved function of the surrounding knee muscles. The ends of these bones are covered with articular cartilage, which help the bones move smoothly. There are also pads of cartilage which lie inside the knee, known as the menisci. Their function is to absorb the shock from activities such as walking and running.

Ligaments, which help create stability by connecting the leg bones together, are also found within the knee joint. The muscles around the knee, most notably the quadriceps and hamstrings, move the knee joint and keep it strong. This can be seen in the picture below.



The knee

Common Knee Injuries

The knee is a mobile and complex joint, therefore it is one of the most frequently injured areas of the body. Flexibility and strength imbalances could cause improper alignment of the knee cap, known as Patellofemoral Dysfunction. Additionally, the muscles around the knee can be strained by either a forceful bending or straightening of the joint. Twisting or repeated squatting may result in damage of the meniscus and falls or forceful blows to the knee may cause ligament injuries.

Signs and Symptoms

Some signs and symptoms that may indicate a possible knee injury include, but are not limited to the following:

- Pain
- Swelling
- Weakness
- Stiffness
- locking
- Instability

Caring For Your Knees

If you have suffered a knee injury or are experiencing some of the signs and symptoms mentioned above, it is important that you contact a primary healthcare provider who specializes in

and is familiar with knee injuries. At your appointment, you and your doctor should discuss your symptoms, the possibility or need for further testing and treatment options that are available to you.

In many cases, the doctor will order further diagnostic testing, such as an X-ray or MRI, to better understand the problem. Make sure you discuss the results with your doctor and understand the problem and your options, in order to make an educated decision for the plan of action.

Treatment Options

Physical Therapy is often recommended in such cases, as it addresses knee pain, stiffness, weakness, and any other relevant symptoms. It is a treatment option that is more conservative than committing to immediate surgery. At your first Physical Therapy appointment, a trained physical therapist will perform an initial evaluation and then work with you in developing an individualized treatment plan based on your needs and goals. Treatment may include a variety of stretching and strengthening exercise, modalities such as ice or electrical stimulation for swelling and pain control, and a home exercise program to maintain progress at the home.