

# KNEE PAIN

## 7 STRATEGIES FOR REDUCING CHRONIC AND ACUTE FLARE-UPS

FEEL BETTER WITHOUT DRUGS,  
INJECTIONS OR SURGERY



**Allied Physical Therapy**

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By ALLIED PHYSICAL THERAPY

Southwest Florida's specialists on  
Physical Therapy for the Knee

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# About Allied Physical Therapy



## The Goal

### *Get Back to What you Love*

We know that the true reason why guests visit us isn't just to relieve pain, it's to get back to what they love doing. Whether that be running, playing sports, gardening, or playing with your grandchildren, our mission is to get you back to what you love doing.

## Our Approach

### *Outcome*

The outcome of following the journey is a change in lifestyle and habits that keeps the guest doing what they love. They reach the destination but have a change in identity by following the path to get there.

### *Journey*

The guest begins a journey by following the path that their guide, and expert physical therapist, lays out for them. The therapist gives them the direction and tools they'll need to reach their destination.

### *Guest*

The story begins when a guest visits us with an issue that they need help to solve. They have a destination where they want to be, but are unsure how to get there.



## Health Advice Disclaimer

The information provided in this eBook is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination. Likewise, the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Physical Therapy Specialists.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. Allied Physical Therapy shall not be held liable for injury or death occurring from following any of the advice in this report.

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## Introduction

There is perhaps nothing that will send you to the sidelines of active life quicker than knee pain. When your knees hurt, just about every daily task becomes painful – lifting your foot to tie your shoes, sitting down, getting up, climbing stairs, walking down the street, and trying to stay active by playing your favorite sport or exercise regimen.

Of course, the first instinct most people follow when experiencing a pain is to stop moving. Sure, it may be good to rest it from time-to-time, especially when a knee injury has first occurred. However, many patients stop moving altogether because they become afraid that they are going to do more damage or they end up hurting something else because they are compensating for their achy knee pain. Not good. You've heard the saying, "Use it or lose it, " haven't you?

In this eBook, we share some of the most common strategies for the management of acute and chronic knee pain – and we'll warn you now – this approach is not for patients seeking a miracle cure. It is for patients who are sick of resting and taking painkillers, who value their health, who want to avoid surgery, and who want to stay active. This eBook will also be of particular interest to sidelined athletes who want to return to active participation in the sport they love – without suffering and lingering in pain – and who are willing to put in the work to get there.

Before seeking the advice of a physician who is likely to follow the traditional medical model of expensive MRIs, pain medication prescriptions, and surgical treatment, knee patients must educate themselves about ALL of the treatment options that are available to them – as the traditional medical model is not necessarily the best advice for managing knee pain in many cases.

Sometimes, granted, surgical intervention is necessary to repair injuries that will not and cannot heal on their own. But, for the 99 percent of pain caused by other factors, there's a much easier way – and that is seeing an EXPERT physical therapist who specializes in the conservative and non-invasive management of conditions affecting the knee.

Since there are many reasons why a person will experience knee pain – including incorrect posture, walking in ill-fitting shoes, trauma, sports injury, and even psychological distress – not all therapeutic strategies will be successful for eliminating or lessening knee pain. However, for the other 99 percent of you, you may find that some of these strategies may actually work to relieve or eliminate your knee pain – if you take the time to read and understand them – and implement them correctly.

While these strategies address the most prevalent and common causes of knee pain that we see day-to-day in the clinic, we cannot guarantee which one strategy will be the most beneficial to you. Indeed, even when the root or cause of knee pain is known, there is no guarantee that any therapeutic strategy will work. Therefore, if you are still experiencing pain after a few weeks of trying out these strategies, you may find that human intervention is necessary – and our clinic door is always open.

Disclaimers<sup>1</sup> aside, these seven strategies, when followed as prescribed, are very often successful in relieving the most common knee pain symptoms. Just imagine.... you may no longer need to take painkillers to enjoy 18 holes of golf, or to get a good night's rest. Imagine traveling the world as you always dreamed, or playing with your grandchildren, or dancing; exercising and staying active, living without fear of pain, and getting back to the lifestyle that you deserve – potentially avoiding expensive and invasive surgeries.

*1. See full disclaimer on page v*

# Top Seven Strategies to Stop Annoying and Achy Knee Pain Without Relying On Painkillers, Injections, or Muscle Relaxers

## 1 Change your footwear



Finding appropriate shoes that have neither too much or too little padding can go a long way toward improving your achy knees. Actually, wearing a good pair of shoes consistently may eliminate your knee pains forever. When you trade in those supportive athletic shoes for a pair of high heels, you change how your foot connects with the ground, which can cause increased stress and strain to your knee. Not good :- (

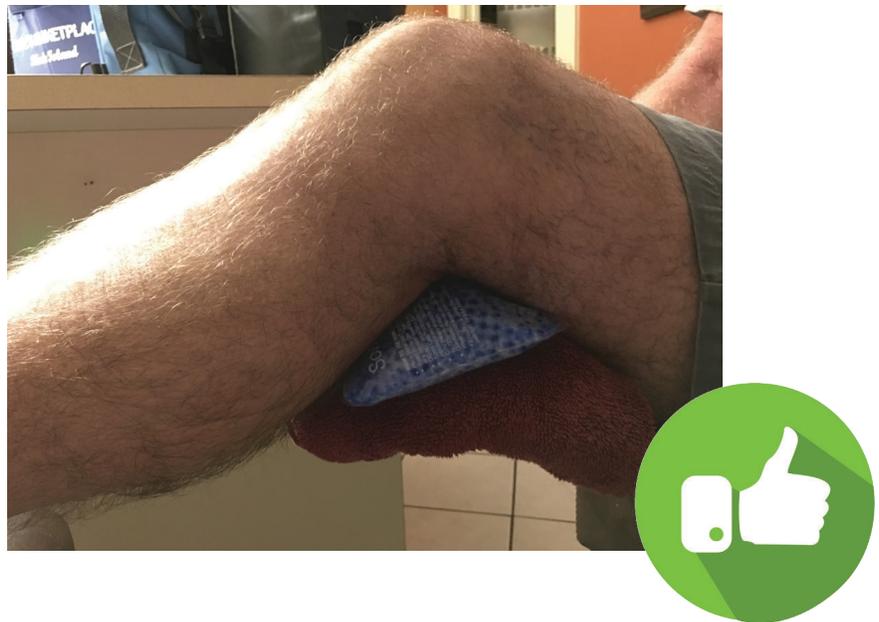
**The Fix:** Buy a pair of quality shoes that fits well, supporting both your arches and feet.



## 2 Use Ice on the Underside of Your Knee

Ice is far superior to heat in reducing your pains, especially when swelling is present and persistent. Not only will ice be more beneficial, but if you place the ice beneath your knee, you will reduce the swelling faster. This is because your blood vessels, which help the fluid in your knee dissipate, are on the backside of your knee, not the top. If you just put ice on the top of your knee, all you will get a cold knee cap.

**The Fix:** Ice the back part of your knee three times per day for 20 minutes.



*Ice the underside of your knee to reduce swelling faster.*

### 3 Get Orthotics

Sometimes a patient's knee pain can be resolved with foot orthotics. These orthotics, prescribed by your qualified physical therapist, can be placed within the shoe to help reduce the strain to your muscles and fascia surrounding the knee. If your foot's arch is too high or too flat, an orthotic will help realign your foot so your knee can function without pain.

**NOTE:** Not all podiatrists, chiropractors, or physical therapists know how to make GOOD orthotics. Choose cautiously. And not all patients need orthotics, for this reason, it is wise to see an expert to discern if you need orthotics.



*Orthotics for the feet can help ease knee pain.*

## 4 Strengthen your Glute (butt) and Quadriceps (thigh) Muscles

When our quadriceps (muscles on front of the thigh) and glutes (your butt muscles) get weak, our knee joints have to work harder, often resulting in pain. To help that knee get back up to par, incorporate a few quadriceps and glutei strengthening exercises in your daily routine.

**The Fix:** Strengthen your quadriceps and butt muscles.



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## 5 Stretch Your Hips

The majority of knee pain stems from limited mobility at the hip. As a result, the knee joint has to work harder and causes pain. Working to stretch the hips will go a long way toward easing pain in the knees.

**The Fix:** Perform the following exercises to reduce stress and strain on your knee.

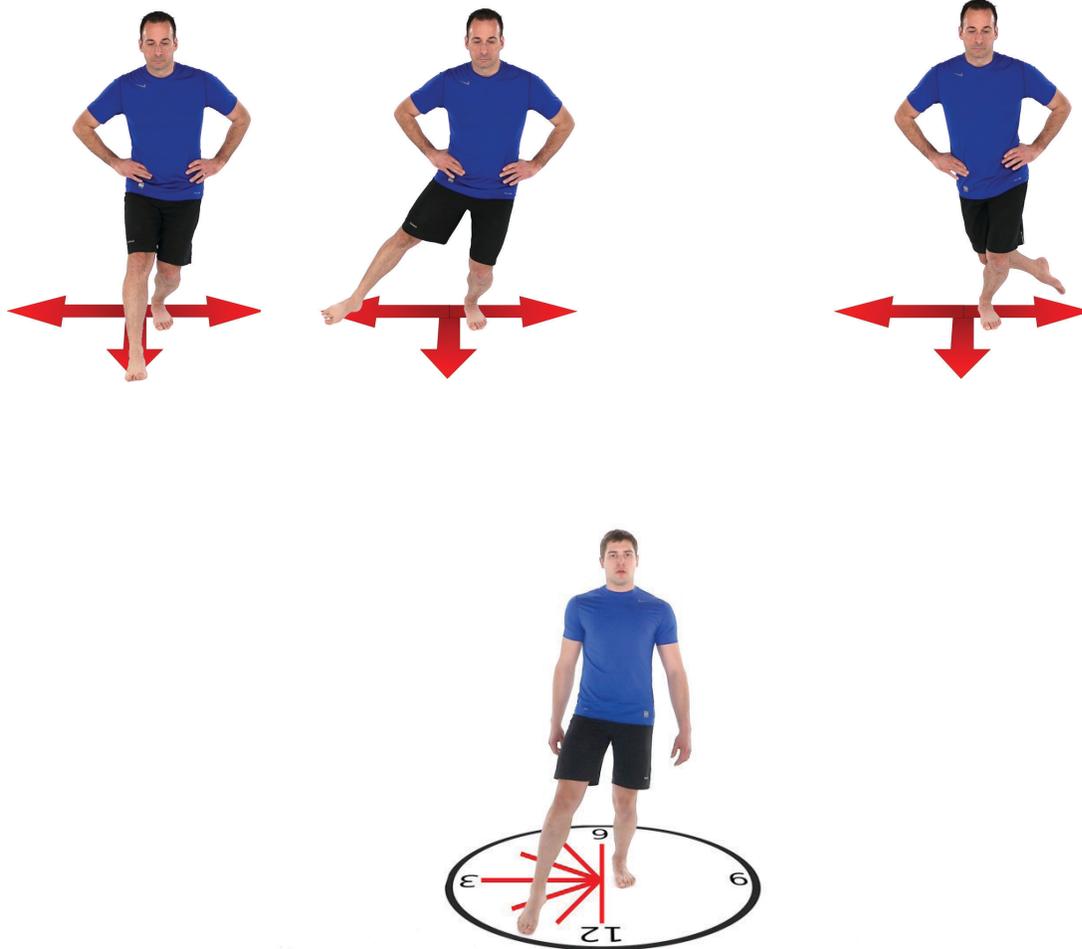


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## 6 Improve Your Balance

When our balance is not up to par, our knees have to pick-up the “slack.” Working on your balance may be the easiest and most effective way to reduce and overcome your knee pain. When you are off-balance, your knee doesn’t have the stability it needs to perform – whether you are an athlete or simply trying to exercise and stay active.

The Fix: Try these simple balance and stability exercises.



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## 7 See a Physical Therapist Knee Specialist

There really is no better way to help alleviate your knee pain. When seeing a qualified physical therapist specializing in treatment of the knee, they will be able to detect the root and source of your annoying and debilitating pain and plan your treatment accordingly, helping you to get better faster. In return, you will be able to carry on with your life, avoid taking pain pills, live without fear, and get back to exercising, working, or returning to your respective sport(s)

## Conclusion

Knee pain can be an expensive and frustrating experience for patients. Using the seven strategies above may help eliminate your knee pain forever. These are just a few of the most common approaches to knee pain treatments we recommend in addition to a plethora of other effective therapies that we use in the clinic. If you apply these strategies daily, you may very well see a decrease – or even disappearance – of the knee pain that has been keeping you from enjoying your life, playing your favorite sport or activity, and ultimately get you back to doing what you love to do.

We hope this is just the beginning of a relationship between you and our physical therapy team. As your local area experts, we hope to become your trusted guide in managing and overcoming your aches and pains. If these exercises and strategies do not help in the coming weeks, we would highly suggest scheduling an appointment for hands-on and customized care.

Dedicated to Your Health,

*The Allied Physical Therapy Team*

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Real Patients, Real Results

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“I had a bulging disc in my neck before physical therapy and now I am pain-free. I am no longer a sceptic.”

~ Michelle W.  
Cape Coral, Florida

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“I no longer have numbness, tingling and weakness in my hands.”

~ Nancy N.  
Cape Coral, Florida

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“I have had eight surgeries on my neck and back and I am now able to move my neck again and no longer have to take pain pills.”

~ Chrissy T.  
Fort Myers, Florida