

## GET BACK ON YOUR FEET WITH ANTERIOR KNEE PAIN RELIEF

Over 50 million Americans deal with some sort of knee trouble, as the knees are the second most common injured joint. Therefore, it is essential to know what you can do to prevent knee troubles from even starting.

Anterior knee pain is a common type of knee pain that develops in the front and center of the knee. Some common symptoms of anterior knee pain include stiffness, muscle weakness, and difficulties walking, especially when climbing stairs or squatting. It is also common for the knee to "catch" or "lock" with anterior knee pain during certain activities, hindering movement.

### **Most all knee pain can be attributed to one of the following issues:**

- Poor muscle strength.
- Imbalance of muscular strength, with some muscles feeling weaker and others feeling stronger.
- Poor muscle coordination.
- Poor biomechanics of walking and/or running.
- Lack of flexibility.

Many anterior knee pain conditions can be fixed with surgery; however, by consulting with a physical therapist early

on, you can manage your symptoms and avoid the need for an invasive surgery. Current literature suggests that conservative management focused on promotion of strength and dynamic stability is just as effective, if not more so, in short- and long-term relief, as compared to surgery for anterior knee pain.

### **What should I do if I experience anterior knee pain?**

Many people try to push through the pain that they feel. However, this can actually cause an issue to worsen and become more problematic. Sharp or dull pain in the knee should be paid attention to and not pushed through.

While exercising, it is also important to make sure you are doing adequate warming up prior to exercising as muscles and tissues require internal lubrication to work properly. Warming up brings natural fluids to the area to help with lubrication, improving elasticity and function. In addition, make sure to properly stretch after exercising to ensure that flexibility is maintained.

**Contact Agility Physical Therapy  
today to learn more.**

# HOW CAN PT HELP TREAT ANTERIOR KNEE PAIN?

Anterior knee pain can present itself in people who live both sedentary and active lives. It is common for patients experiencing anterior knee pain to report stiffness and fullness deep within the knee with bending motions.

## **Common activities that lead to and exacerbate these symptoms include:**

- Prolonged sitting.
- Going up and down stairs.
- Squatting.
- Prolonged walking/running.

Catching and locking of the knee can also lead to pain with rotational movements at the knee. If the knee catches and/or locks during your orthopedic testing at your initial appointment, that could be an indication that your pain may be originating from the meniscus.

Additional indications that physical therapy intervention is needed include

difficulty performing certain functional tests, including difficulties with squatting, step up/down exercises, and single leg balance.

If you have been living with recurring knee pain or discomfort that has lasted for more than 3 days, it is in your best interest to see a specialist. At Agility Physical Therapy, our physical therapists are experts in joint movement and function.

Your physical therapist will conduct a thorough evaluation of your movement, walking patterns, strength, joint mobility, patella tracking, and proprioception, in order to get to the root cause of your anterior knee pain and treat it accordingly. An individualized treatment plan will be created specifically for you and your unique needs, so you can get back to living a pain-free life as quickly as possible.

**Are you ready to kick your anterior knee pain to the curb? Contact Agility Physical Therapy today to get started.**

## **WONDERING ABOUT YOUR ACHE OR PAIN?**

**Contact Agility Physical Therapy & Sports Performance to get all of your aches & pain questions answered. We can help your pain transform from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life!**

# Covid-19 Update

A note to our valued Agility patients,

With the evolving news regarding COVID-19 in our area we wanted to inform you that patient health and safety is a top priority for us here at Agility. We are following updates regularly from the Center for Disease Control (CDC), the World Health Organization (WHO), and local government agencies regarding any updates and protocols needed.

Our company has always practiced infection control policies and appropriate cleaning and disinfecting of shared equipment between each use. During this time, we are increasing the frequency and extent of these cleanings. Agility follows all rules and regulations to ensure that all staff are trained on the prevention and development and transmission of infection. All personnel are oriented in the infection control policy at hire and annually.

Although we are actively responding to this public health issue, we are still working hard in both of our locations where therapy, rehabilitation and wellness continue. Our staff is doing a remarkable job remaining calm, staying positive and keeping up normal daily routines as much as possible so our patients can feel safe and focused on their goals.

If you are concerned about symptoms or possible exposure, please stay home and contact your health care provider. As always, you are all in our prayers as we navigate through these challenging and uncertain times.

Sincerely yours,

The Agility Family

**Don't let your daily pains become a way of life**

***Move Freely • Alleviate Pain Naturally • Have More Energy  
• Enjoy Activities Pain Free • Be Stronger***

Talk to One Of Our Physical Therapy Experts

**FREE PAIN / INJURY  
ANALYSIS**



**Call To Schedule A Telehealth Visit Today  
(941) 484-8107**

Offer valid for the first 25 people to schedule. Expires 12-31-20

# Clinic News!

**CALL TODAY! 941-244-4210**

**WE OPENED A NEW LOCATION!**

**AGILITY PHYSICAL THERAPY -  
SOUTHBRIDGE**

**1525 TAMiami TRAIL S., STE. 604  
VENICE, FL 34285**

*You Don't Have to Live With Pain*



**DO YOU EXPERIENCE PAIN  
WITH THE FOLLOWING?**

- ☐ Standing for more than 15 minutes
- ☐ Squatting up and down from the floor
- ☐ Walking up stairs
- ☐ Running, walking, or physical activities
- ☐ When you wake in the morning
- ☐ Doing daily chores or activities

**Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!**

**IMPROVEMYAGILITY.COM**



# Exercise Essentials

Try this exercise to help you relax...

Relieves Leg Pain



## PIRIFORMIS STRETCH

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

Exercises copyright of  
 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)

## PATIENT SUCCESS SPOTLIGHT

**Many thanks for  
being who you  
are!**

*"Thank you for all you do. You are all so very caring and helpful. You can't imagine how much that helps us each year when we return to Florida! Many thanks for being who you are." - John & Ruth C.*



**CALL TODAY! 941-484-8107**