



## RESOLVE YOUR KNEE PAIN WITH PHYSIOTHERAPY

**Contact PhysioPlus Today to Find Out How  
Physiotherapy Can Help Relieve Your Knee Pain**



Scan the QR Code to read more from PhysioPlus including  
Erica's Top 5 Positive Self Help Books

**Do you experience pain and swelling with squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At PhysioPlus Health Group, our physiotherapists can help you find relief and get you moving again!**

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment.

Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physiotherapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physiotherapists!

At PhysioPlus Health Group, we can get you moving once again by relieving your pain and enhancing your body's natural healing process. Call today to schedule an appointment with one of our experts!

### **What Are The Most Common Knee Injuries?**

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Knee injuries can result from direct contact or a sudden movement that strains the knee. When there is no specific event connected to the damage, the most common knee pain causes are aging, injury, or repeated stress on the knee.

Knee pain can be mild or severe and includes sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some other common causes of knee pain include:

**Arthritis.** The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage surrounding your joints deteriorates, and the joint no longer has a sufficient cushion between the bone. This leads to joint inflammation with varying levels of pain and dysfunction.

*Continued inside.*

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WITH PHYSIOPLUS HEALTH GROUP**

# RESOLVE YOUR KNEE PAIN

*Continued from previous page.*

**Cartilage Injuries.** There are two common cartilage injuries:

- **Meniscus injury:** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.
- **Articular cartilage injury:** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.

**Ligament Injuries:** Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion. The important ligaments in the knee include:

- **Anterior cruciate ligament (ACL).** It is located in the center of the knee and controls rotation and forward movement of the shin bone.
- **Posterior cruciate ligament (PCL).** It is located in the back of the knee and controls the backward movement of the shin bone.



- **Medial collateral ligament (MCL).** The medial collateral ligament is on the inside of your knee and provides stability to sideways motions.
- **Lateral collateral ligament (LCL).** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.

**Tendinitis.** Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes inflamed due to repetitive movements. It is common with jumping and landing motions and also in sports like skiing, cycling, or hurdling.

Knee pain can make it hard to walk, rise from a chair, climb stairs, or play sports. Our physiotherapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!

## EXERCISE ESSENTIALS

### 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 this motion 10 times.



### How Physiotherapy Can Help Your Knee Pain

Physiotherapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will examine your knee for signs of misalignment or structural damage and assess your stance, gait, and functional movements like squats and steps. Your therapist will prescribe the right treatments — including exercises, manual therapy, and modalities — to help decrease your knee pain and improve overall mobility.

We will provide you with a supervised, progressive program to get you moving again. Our programs to reduce pain and restore function consist of range-of-motion, strength training, proprioception, and neuromuscular control activities.

**If you are living with knee pain, contact PhysioPlus Health Group today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!**



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Call (647) 484-3345 to schedule your consultation today!



## KNEE PAIN & RUNNING

There are several knee injuries that can result from running. Some of the most common ones include:

**Hamstring strains** are common in athletes and can cause pain around the thigh or knee. Your hamstring is a group of three muscles that run along the back of your thigh and help in allowing you to bend your knee. One or more of these muscles can become strained, or even torn, through excessive use or injury.

**Meniscus tears** are one of the most common knee injuries. It occurs when the knee is twisted or rotated in a way that it shouldn't be, especially when your full weight is put on it. Both knees have two menisci, which are C-shaped pieces of cartilage that cushion your tibia and femur. When a meniscus is torn, the surrounding areas can become painful, swollen, or stiff. The movement in your knee may also be limited, making it difficult to bend or extend the knee.

**Patellar tendinopathy** specifically affects the tendon that connects your patella to your tibia. That tendon is known as the "patellar tendon" and it works together with your quadriceps to allow you to run, jump, and kick. However, when the tendon experiences excessive overuse, it can become torn and inflamed, resulting in patellar tendinopathy. Those with patellar tendinopathy typically experience pain between the patella and tibia.

**Iliotibial band syndrome** occurs frequently in runners, since it is caused by an excessive repetitive bending of the knee. The IT band is made up of a thick clump of fibers that run from the outside of the thigh, down the knee, and to the top of the tibia. It occurs when the IT band becomes too tight, making it difficult to glide smoothly over the knee, and resulting in pain and swelling.

If you are suffering from any of these conditions, or you are experiencing knee pain in general, it is important to schedule a consultation with a physiotherapist. We will conduct a thorough physical evaluation and determine where your pain is stemming from. Afterward, we will create a customized treatment plan based on the needs of your diagnosis and the severity of your symptoms.

Our treatment plans will incorporate both passive and active therapies for treating pain. Passive therapies are aimed at pain relief and healing and active therapies are aimed at increasing strength, flexibility, range of motion, and overall function. We will also provide you with helpful tips and techniques for avoiding further injury in the future.

**If your knees are painning you, don't wait to find relief. Schedule an appointment today and we will help get you back on track to being the best runner you can be!**

## BECOME A BETTER YOU AND RECEIVE A FREE MOTIVATIONAL WATER BOTTLE!



Are you looking for a new way  
to help you move better?

Have you tried Pilates yet?

We're excited to offer you the opportunity to experience the benefits of Pilates while working with our amazing Pilates & Physio Pilates specialists Pari Hosseini & Monica Söderström.

Pilates, on its own, is a great way to get rid of nagging neck, back and shoulder pain, improve your posture, and reduce your risk of reinjury, but when you work with a specialist who understands Pilates from the perspective of Physiotherapy & Rehab the benefits are truly amazing.

Book a 60-minute Pilates session before June 30, and you'll receive a thank-you gift from us: a free water bottle complete with motivational time markers to help you stay on track. (colors may vary based on availability)

**This offer is only available for appointments scheduled in June.**

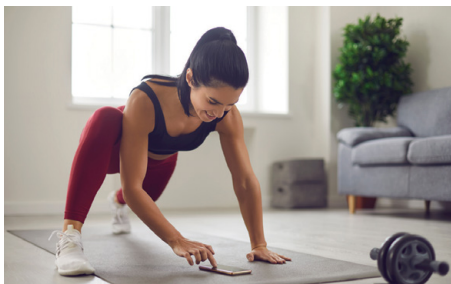
**Book your appointment now to make sure you don't miss out.**



**PhysioPlus**  
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# THE PHYSIOPLUS DIFFERENCE

Unlike some clinics in office buildings etc, PhysioPlus is large with tons of natural light. The location is easy to get to with ample parking. PhysioPlus Health Group also has a very useful phone app where you can see how to perform each of your assigned exercises in detail as they are custom loaded to your profile.



**PATIENT GRADUATION!**  
**CONGRATULATIONS JEAN!**

## STIFF KNEES & HIPS? ARTHRITIS PAIN?

Join our **NEW**  
Osteoarthritis Program **GLA:D™**

**Canada Is For Everyone with  
Symptoms of Hip and Knee Arthritis!**

SPOTS ARE LIMITED... Register today!

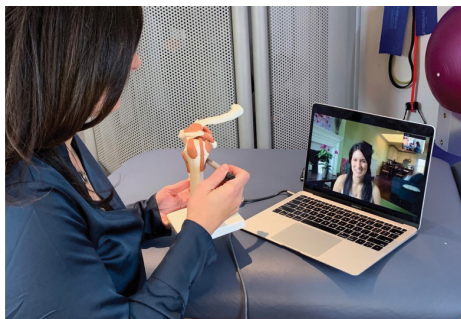
email: [help@physioplushealth.com](mailto:help@physioplushealth.com)

call: (647)484-3345

Or... Scan the QR Code for more details



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## VIRTUAL PHYSIOTHERAPY

- Get treatment in the comfort of your own home or office
- Avoid long travel times, traffic and waiting rooms
- Reduce your time away from work
- If you are having difficulty with mobility, it means less discomfort by eliminating travel
- Access specialized treatment that may not be offered in your community
- Save the cost of parking
- Save the cost and avoid the challenge of arranging child care

**With our Virtual Physiotherapy program you'll be connected with one of our experienced physiotherapists through a secure video conference. Call today and see if Virtual is right for you!**



*Erica's*

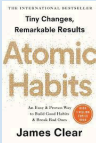
## TOP 5 POSITIVE SELF HELP BOOKS

### 1. MIND PLATTER *by Najwa Zebian*



Mind Platter is my ultimate favourite book. It is a collection of small reflections that touch on topics that we all face through everyday life. What I love most about it is the reflections are only one page in length and I typically would read one reflection a day!

### 2. ATOMIC HABITS *by James Clear*



Atomic Habits is a book based on building good habits and tips on how to let go of bad habits. I read this book for a book club one year and it's one of my go to's!

### 3. WELCOME HOME *by Najwa Zebian*



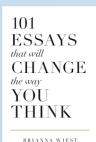
Welcome Home is a book based on self love and "building a home" within ourselves. Same author as Mind Platter!

### 4. GOOD VIBES, GOOD LIFE *by Ver King*



Good vibes, Good Life teaches how to turn negative thoughts into positive thoughts. It overall touches on many topics but is another great book for self love.

### 4. 101 ESSAYS THAT WILL CHANGE THE WAY YOU THINK *by Brianna Wiest*



I have recommended this book to many friends, family and patients! It is a total hit! Just like Mind Platter, this book consists of 2-3 page short essays that focus on topics that we face with everyday life. Highly recommend!

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