

Choose Mountain River Physical Therapy to relieve

KNEE PAIN

Recover your quality of life

www.mountaineerphysicaltherapy.com

Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

Conditions we have successfully treated:

- Arthritis
- Chondromalacia
- Patellofemoral Pain
- Ligament Sprains
- Tendonitis/Bursitis
- Tendon/Muscle Strains
- IT Band Syndrome
- Post Surgical Conditions

What are my treatment options?

- Drugs
- Epidural Injections
- Corticosteroid Injections
- **Physical Therapy***

Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research*
- Customized to treat the underlying cause

If you're ready for relief,
and tired of "masking" your pain,
treat the cause, not just the symptoms!

Your Recovery Process:

- Pain relief
- Recovery of knee motion
- Recovery of strength
- Functional/sports retraining
- Independent home/health club program

Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Progressive strength training
- Balance and muscular re-education

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Make an appointment today.
Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.

