

PENN OHIO REHAB



Knee Pain 101:

***5 steps to
healthy knees***

WWW.PENNOHIORREHAB.COM

DO YOU EXPERIENCE ACHEY, SORE KNEES?

WHETHER YOU ARE A GOLFER, PICKLEBALL ALLSTAR, OR A WEEKEND WARRIOR, DEALING WITH KNEE PAIN CAN PREVENT YOU FROM DOING THE THINGS YOU LOVE.

DON'T SETTLE FOR PAIN PILLS, INJECTIONS, OR SURGERY...

MOVEMENT IS MEDICINE! WHEN YOU MOVE BETTER, YOU FEEL BETTER!



The only PT I trust for rehabbing a sports injury. I had an MCL sprain and meniscus tear I was rehabbing from a Brazilian jiu jitsu injury. They met me on my schedule (super early mornings) for several weeks to get me back up to speed in time for me to attend a Brazilian jiu jitsu training camp I had scheduled. It was truly refreshing to work with a PT that understands sports/athletes, and how best to rehab a sports-specific injury for an athlete.

-Pat O.

Great place with great knowledgeable staff. Would 10/10 recommend to anyone and everyone dealing with aches and pains. The staff goes above and beyond traditional therapy clinics using the latest techniques and develops individualized and specific treatment plans.

-Matt S.



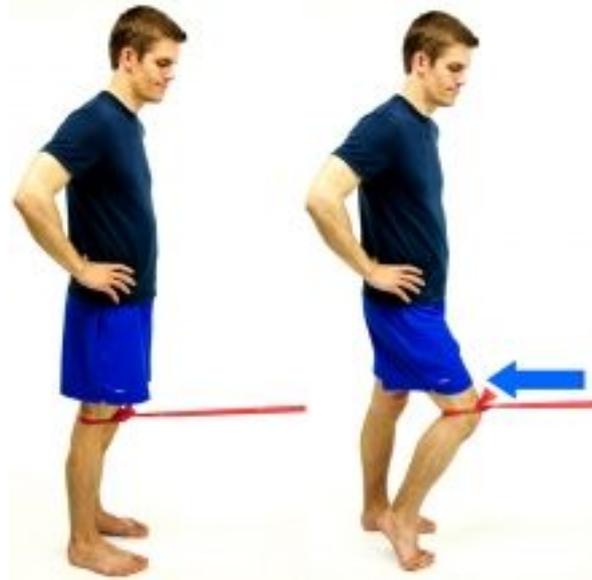
TESTIMONIALS

BULLETPROOF YOUR KNEES



STRAIGHT LEG RAISE

Lying on your back with knees bent and feet flat on the floor, straighten the leg you wish to exercise. Start by contracting the muscles on the front of your thigh, pushing your knee down into the floor. While keeping these muscles tight and knee straight, lift your leg off the ground until your knee is at the height of the other knee. Slowly lower it back to the floor. Repeat as directed.



TERMINAL KNEE EXTENSION

Begin by placing an exercise band securely in a door at knee height. Loop the band behind your knee on the side you wish to exercise. Allow the knee to bend slightly. Keeping your hips over your feet, tighten the muscles in the front of your thigh and slowly straighten your knee back out, pushing back into the exercise band. Once fully straightened, slowly allow it to bend slightly once more. Repeat as directed.

RECRUIT THE GLUTES



LATERAL BAND WALK

Starting Position: Stand with a mini band around your knees.

Movement: Push your hips back and lean forward at your waist. Sit down into a mini squat position and then step sideways, stretching the elastic. Step back and forth across the room. Repeat as prescribed. Tips: Be sure to always keep tension on the band, you will feel the fatigue on the outside of your hips.



SQUAT

Starting Position: Begin in a standing position. With your feet shoulder width apart, in a neutral position.

Movement: Slowly perform a squat by keeping your back straight and bending at your knees and hips, lowering your body down as if you were going to sit in a chair.

*This can be a challenging movement to master so please seek consult if pain or difficulty.

MOVEMENT IS MEDICINE



LATERAL ECCENTRIC STEP DOWN

Starting Position: Begin standing at the edge of a step on the leg you wish to exercise.

Movement: Slowly lower your other foot to the floor without putting weight through it. As you lower yourself down to not allow your stance knee to move beyond your toes or collapse inward. To do this make sure to stick your bottom backwards and lean your trunk forward to use a 'hip strategy' to lower your body down. Do not let your hips tilt either. Once your heel taps the floor return to the starting position; again do not put weight through your heel or push off with your foot that touches the floor.

LET'S TALK!



HARMONY

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HERMITAGE

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NEW WILMINGTON

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724-946-3313**

TREATING PEOPLE, NOT DIAGNOSES

***Everyone is different and every knee is different. We commonly use these exercises for prevention and treatment of patients with knee injuries. If dealing with an injury or concerns with these movements, then please don't hesitate to schedule an in-person or phone consultation to learn individualized exercises to meet your needs.**

REQUEST AN APPOINTMENT NOW



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