

## **Everything You Wanted to Know to Treat Knee Pain Successfully: INTRODUCTION**

This program is designed to help you with your knee pain. Specifically, it may help you with knee arthritis, knee tendonitis, iliotibial band syndrome, knee bursitis, patella-femoral syndrome, knee chondromalacia, knee muscle or tendon strain and with some exceptions Osgood Schlatter Disease (see our specific video on Osgood Schlatter Disease).

Knee pain is extremely common, and many people are surprised at how intense it can be. Many of our patients believe there must be something seriously wrong with their knee for it to hurt that bad.

We approach most knee pain issues with the thought that the knee is not working or moving quite right. This dysfunctional movement is causing your pain. The abnormal movement may be from weakness, tightness, or laxity in the knee. It could also be caused by problems with your hip or ankle/foot. An obvious exception would be an injury to the knee from an accident, fall, or some type of physical trauma.

Our first goal is to get your knee joint working correctly. Once it is working correctly, we can work on getting it to move pain-free through proper strengthening and exercises. At least, get your knee working as well as it can be expected.

The second goal is to eliminate or lessen the knee pain makers in your life. In our world, a pain maker is an action, a position, or thing that causes pain. We will cover this in detail in future videos.

Our third goal is to strengthen the knee so it will continue to work correctly, remain pain free, and be able to handle the stresses of work and everyday living.

1. It is up to you to get better. You oversee your body and the outcome. You are in charge, and you are responsible. Somebody is not going to swoop in and magically heal your problem. There is no magic pill, surgery or shot that will solve your problem.
2. The body has great capacity to heal, and it wants to heal. Provide the environment where it can heal.

3. You must believe and follow recommendations. If we recommend exercises and you fail to perform them, you will not get better. It is as simple as that.
4. We are not big believers in having a therapist or doctor do something to you (manual therapy, massage, some type of modality). We are big supporters of people managing their own bodies with therapists serving as consultants.

*DISCLAIMER: This video series is not designed to replace the treatment of a professional: physician, osteopath, physical therapist, orthopedic surgeon, or chiropractor. It may however serve as an adjunct. Do not go against the advice of your health care professional. When under the care of a professional make certain that they approve of all that you try. This information is not intended as a substitute for medical treatment. Any information given about knee-related conditions, treatments, and products is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this publication. Before starting an exercise program, consult a physician.*