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5 CAUSES OF KNEE PAIN & TIPS TO EASE YOUR PAIN



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ABOUT THE AUTHOR: **NUHA HASAN**



Nuha Hasan graduated with a Doctorate of Physical Therapy degree from Midwestern University. As the owner of Ascend Physical Therapy in Orland Park, IL, Nuha is a leading physical therapist in the Southwest Suburban Chicago area, and works with active adults to relieve pain and help them return to their active lifestyle without the need for medications, injections, or surgery. Dr. Hasan has knowledge and expertise with movement dysfunction in active adults, women's health, dry needling, and myofascial release.

Dr. Hasan treats patients with pain, stiffness, or dysfunction, with the goal of helping people get back to the activities they love without expensive tests or treatments. Nuha specializes in treating individuals with conditions that have not responded to conventional physical therapy, through **one to one HANDS ON therapy session with less overall visits and a greater outcome**. Nuha's aim is to achieve maximum results in minimal time throughout the entire plan of care, with the goal of relieving pain, decreasing restrictions, and improving overall quality of life.

Nuha has a passion for helping people with their pain, and found that becoming a physical therapist was the best way to do just that. She applies a comprehensive approach to care by integrating patient education, specialized hands on techniques, and collaborating with the patient and other healthcare providers to achieve the best health outcome.



INTRODUCTION

People consult me all the time looking for answers to questions about knee pain, including causes and how to stop pain not just from occurring, but recurring as well.

While I do not know your specific medical history or what may have caused your pain, this e-Book is meant to serve as a guide with specific causes of knee pain and tips on how to address your pain. There is no guarantee that all these strategies will work for you.

I created this **5 Causes of Knee Pain & Tips to Ease Your Pain** report because I feel that if sharing this brief yet helpful guide can help knee pain sufferers from avoiding unnecessary doctor's visits, X-rays/MRIs, painful injections, or even surgery, then I have succeeded in not only improving your quality of life, but also hope this encourages you to take the first step in controlling your own healthcare, and sharing this valuable information with other knee pain sufferers.

Knee pain is the second leading cause of chronic pain and affects one-third of Americans. Knee pain can start as mere discomfort and easily turn into severe pain that can become a long-term problem with debilitating results, including difficulty with climbing stairs, walking, working out, and even kneeling and getting off the floor. What most people don't realize is that knee pain can easily be caused from performing physical activities incorrectly or simply being overweight.

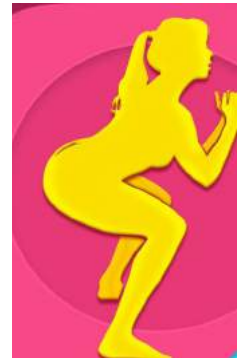
You have nothing to lose by trying these helpful and worthwhile strategies, which would take only a few minutes to implement in your daily routine. You will be pleasantly surprised how such small changes can greatly impact your pain.

5 CAUSES OF KNEE PAIN & HOW TO FIX IT

1. CAUSE: IMPROPER TECHNIQUE DURING EXERCISE

- **TIPS:**

- Many people unknowingly exercise incorrectly. In fact, some in the fitness industry are unintentionally damaging people by reinforcing incorrect ways to exercise. Make sure to exercise without knee pain and only move to the point you can tolerate without pain
- Examples: 1) squat or lunge only as deep as pain will allow you 2) when performing exercise such as a lunge or squat, do NOT keep your back straight, instead bring your upper body forward and your bottom backwards, as you would naturally when picking up an object off the floor



2. CAUSE: AWKWARD OR HIGH STRESS POSITIONS

- **TIPS:**

- Avoid awkward or high stress positions on your knees such as crossed legged position, or prolonged kneeling or any long periods with your knees in a bent position, since this will stress the muscles and ligaments in your knees



- For sleep position, sleep on your side with a pillow between your knees to protect and support your painful knee, in order to avoid the stress caused by the weight of the opposite knee. Also avoid sleeping on your stomach since this will place tension on your knees.



3. CAUSE: LACK OF MOVEMENT

- TIPS:

- Avoid prolonged positions like sitting or standing for too long (more than 15 minutes at a time), instead constantly move and continue walking; however not to the point of pain, only within your tolerance
- Avoid knowingly painful activities and instead perform them in a smaller range of movement gradually until you're able to fully perform that specific movement without pain (i.e. squat or kneeling)

4. CAUSE: IMPROPER FOOTWEAR

- TIPS:

- Proper footwear is essential: avoid shoes like heels or flip-flops; instead opt for shoes that are well fitted and comfortable, with an arch support and soft cushion.

5. CAUSE: WALKING SURFACE

- TIPS:

- Long periods of standing or walking on hard flooring (i.e. concrete or pavement) places a tremendous amount of stress on your knees; instead walk or jog on a soft surface such as a track or treadmill

❖ EXTRA TIP: DON'T FORGET RICE!

- Rest
- Ice
- Compression
- Elevation
- Make sure to ice and elevate throughout the day as needed, especially if you have swelling or pain

TAKE HOME MESSAGE:

Are you finding yourself confused about how to handle your knee pain?

Many people have knee pain during their lifetime. **The problem is that most of them allow the problem to get worse before looking for a solution.**

We hope this information has given you the knowledge you need to make a decision about what to do next for your knee pain.

If you are currently dealing with knee pain, whether it is new or something nagging, we are more than happy to talk to you about your personal situation. We offer a **FREE phone consultation** so that you can be confident in taking the next step to relieve your knee pain.

It only takes a few minutes for us to get an idea of what might be causing your problem, and it doesn't require booking an appointment.

To request a **FREE PHONE CONSULTATION**, [click here](#).

Or you can give us a call right now at 708-778-3445.

This guide can only go so far in alleviating your knee pain. If you would like to **experience quality, one to one, hands on care from an experienced and caring physical therapist**, then Ascend Physical Therapy is just a call away.

Best,

Nuha Hasan

Leading Physical Therapist In Southwest Suburban Chicago Area

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