



5 Things to STOP Doing to Have Less Knee Pain and ENJOY LIFE!



About The Author



Dr. Lynne Virant, PT, DPT received her doctorate in physical therapy from The George Washington University in 2014. Coupled with her degree, Lynne has 18 years of experience as a physical therapist practitioner, personal trainer and fitness/running instructor.

In 2014, Dr. Virant established The Movement Clinic because she wanted to help people recovery from injury and transition to a long-term fitness plan with personalized 1-on-1 care. She had worked at traditional physical therapy clinics where she treated up to 3 patients at one time and dealt with insurance plans that were constantly denying payments for patients even when they were getting better. These conditions led Lynne to create the ideal treatment setting where she can provide you with effective and individualized care you deserve.

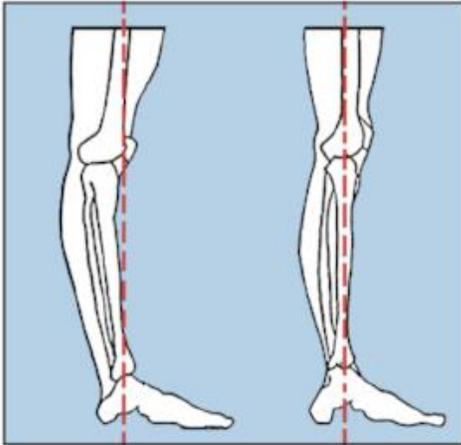
At The Movement Clinic we are dedicated to helping people make better decisions about their health. Our mission is to help **active adults and athletes** who are scared of slowing down or being stuck on painkillers and who want to avoid unnecessary surgery/procedures. We are for people who value their health greatly, want personal, specialized and hands-on treatment, and want guidance on how to take charge of their health.

We understand that there are many healthcare providers and healers to choose from. We are thankful that you have considered us to be part of your journey toward optimal health. We are here to help people like you make more informed decisions about your health. We are honored to share this small part of your journey and transformation away from a life controlled by pain and the anxiety. We hope to be a positive force, "empowering you to take charge, move well, be active and ENJOY LIFE!"

For additional information on how we may be able to help you even more, go to getmovingpt.com to set up a FREE DISCOVERY VISIT or give us a call at 850-450-1118.

5 Things to STOP doing to Have Less Knee Pain

1. Stop locking your knee joint.



Stand up. March 8 times, then stand still. Look down at your knees or try to feel how they are positioned.

Are your knees completely locked out? Like the knee on the left!

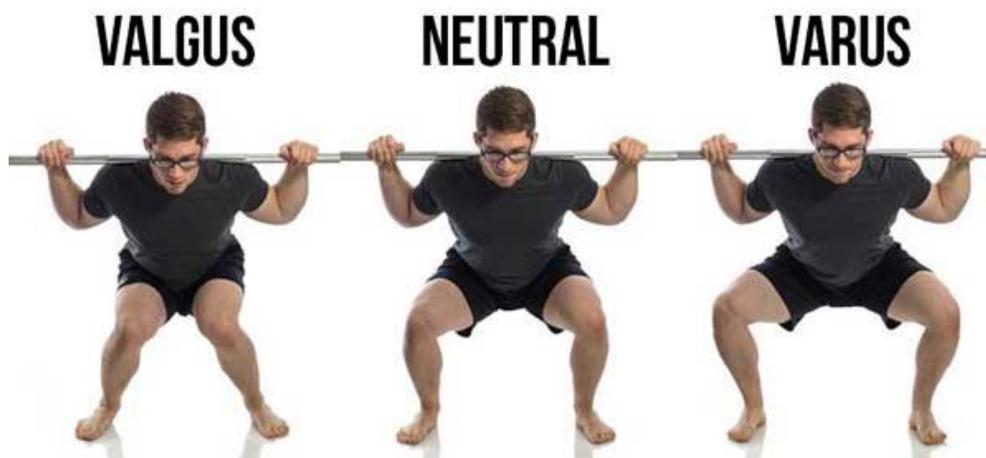
If they are, you are putting extra stress around the knee (bones, muscles, etc...). This can lead to pain!

Start: Stand with your knees slightly bent, like the knee on the right! Need help? See option #5.

2. Stop letting your knees move left or right when squatting, lunging or stepping

Do 5 squats as far down as you can go without pain. Look down at your knees and feet as you squat. Are your knees moving to the left or right of your feet? Are your feet moving to the left or right? These are incorrect and poor movements!

If you repeat these poor movement patterns you are putting extra stress around the knee (bones, muscles, cartilage). This can lead to pain!



Start: Squat, lunge or step by keeping your knees and feet pointing forward. Need help? See option #5.

3. Stop ignoring your ankles.

One of the most common areas people lose flexibility is at the ankle. See #4 below for simple ways to improve your ankle movement.

Start: Squat, lunge, and step bending at your hips, knees, AND ankles! Need help? See option #5.

4. Stop stretching!

Huh? I can hear you really questioning that one! Let me explain.

Think about the properties of a rubber band where the whole band has a normal elastic feel. Imagine someone has tied a knot in the band. Stretch the band from one end to the other. What happens?

Almost the entire band gets longer, except... for the knot. The knot actually just gets tighter. So, to restore the band to its original length, you would simply untie the knot. So how does this relate to muscles?

Consider your entire front thigh muscles as that rubber band. It is unusual for the entire length of the muscle to feel "tight". Typically certain spots along our muscles feel "tight". If you just stretch the muscles most of the muscle will lengthen. However, like the knot in the rubber band, the tight spot feels tighter. You can't just cut open the muscle and untie it (what a bloody mess that would be!!!). What can you do?

Well, the answer does involve blood, blood flow as a matter of fact. Increasing blood flow to muscle can help untie the tight spot. There are several ways to do this:

- Move (hence the recommendation to warm up before stretching)
- Get a massage (awesome option and you can sleep too!)
- Foam roll the muscles
- Add mild heat to the area

Start: Move your muscles! Need help? See option #5.

5. Stop “googling”.

It’s not a bad thing to research why you might be experiencing knee pain. However, there is so much information about which exercise or stretch to do, how to foam roll, what are all the different types of knee pain?

Don’t waste time guessing and still having pain.

Contact an expert on whole body systems and movement – the right physical therapist (PT) for you. The right PT won’t just look at your knee pain. The right PT will look at the whole picture from head to toe. The right PT will ask about your daily activities to see if they may be contributing to your knee pain. The right PT will also look at how you move. Finally, the right PT for you will empower you with the right skills and knowledge to take charge, move well, be active, and enjoy life!



Start living and moving better by working with the right Physical Therapist for YOU!

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 information you need to make a 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 **FREE Phone consultation with a Physical Therapist** 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 with at Physical Therapist** give us a call right now at 850-450-1118.

Best,

Dr. Lynne Virant, PT, DPT
Leading Physical Therapist In The Greater Pensacola/Gulf Breeze Area



Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinic. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physio advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the licensed Physical Therapists at The Movement Clinic.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.