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[www.gwha.ca](http://www.gwha.ca)  
[www.uoguelph.ca/hpc](http://www.uoguelph.ca/hpc)

Our clinics are conveniently located and offer extended morning and evening appointments to accommodate your busy schedule.

### EPA clinics. Give us a call today!

ACTON	519.853.9292
BURLINGTON	905.315.7746
CAMBRIDGE / HESPELER	519.220.1794
CONESTOGA COLLEGE	519.748.5131 x3585
ELORA	519.846.9919
GEORGETOWN	905.873.3103
ORANGEVILLE	519.940.8993
GUELPH - BULLFROG MALL	519.767.9950
GUELPH - HEALTH AND PERFORMANCE CENTRE	519.767.5011
GUELPH WOMEN'S HEALTH ASSOCIATES	519.780.0606

# Your Path to Improved Health KNEE PAIN



Our EPA clinics are conveniently located with today's busy schedules in mind. Our professional, friendly team will welcome you to the clinic and assist you in the following ways:

- billing inquiries and payment options
- health insurance provider information (WSIB, MVA, private health insurance)
- booking convenient appointments
- collecting new patient information
- answering questions and directing any concerns to appropriate personnel

Our caring administrative team will also introduce you to your physiotherapist.



#### Additional services include:

- specialized programs for shoulder, back and knee pain
- post-surgical rehabilitation
- acupuncture
- sports injuries - specialized programs designed for the prevention and treatment of injuries
- massage therapy
- motor vehicle accident injuries
- work-related injuries
- several clinic sites offer women's health programs for breast cancer and osteoporosis
- Fit to Move™ Lifestyle Assessment for the prevention of heart disease, diabetes and stroke
- several sites offer custom brace fitting and other braces and support devices.



# Your Path to Improved Health

## Clarify. Collaborate. Treat. Discharge and Review.



### 1 Clarifying your Knee Pain

Knee pain ranks as one of EPA's top 3 most commonly assessed joints, and our approach to Knee Pain follows our **Path to Improved Health**. Knee pain spans the age spectrum.

Young teenagers can experience sharp pain that literally stops them in their tracks, with simple activities like sitting too long or walking down a flight of stairs.

Athletes of all levels, from the weekend warriors to the elite in training, may have heard a loud "pop" during a plant and twist or the feeling of giving way when they least expect it.

Commonly, clients of all ages and activity levels experience a sharp pain in front or even behind their knee with that everyday twist or bend that results in their knee swelling and making bending or straightening completely impossible.

Many patients simply notice a gradual decline in their knee function. For some, it is knee pain, for others, knee swelling or the loss of their regular knee movement. Often, they really can't even pinpoint a specific incident.

Knee pain is often medically diagnosed as: **Patellofemoral Pain/Syndrome** (PFP, PFS), **Ligament Strain, Anterior Cruciate Ligament** (ACL), **Medial Collateral Ligament** (MCL), **Posterior Cruciate Ligament** (PCL), **Meniscal or cartilage tear, Osteoarthritis and Fractures from trauma**

### 2 Knee Pain can be a result of:

**Knee pain** has a variety of sources and can be a gradual, slow declining process, or appear suddenly with an abrupt or otherwise typical movement.

The knee is somewhat unique in that often the source or symptom of knee pain is not always the cause. Research is pointing to the muscles of the hip and thigh bone (femur) to be critical in providing a sound foundation for the many structures or systems that can cause knee pain. Structures leading to knee pain include:

- Tears in the meniscus or cartilage
- Sprains and tears of the ligaments, most commonly noted are Anterior Cruciate Ligament (ACL) and Medial Collateral Ligament (MCL)
- Osteoarthritis in the joint space
- Loose bodies in the joint space
- Poor biomechanics between the hip, knee and foot
- Stiff knee joint or knee cap movement
- Obesity and general inactivity

*Our physiotherapy treatment uses the most up-to-date research supporting physiotherapy to empower our clients to understand their treatment, whilst providing a professional environment to remedy their concerns in a realistic timeframe.*

### 3 Treatment to Improve your Knee Pain

Treatment for your knee pain, regardless of its source of pain, often begins with the same treatment approach

- Hands on therapy, such as mobilization, traction, soft tissue techniques, or, when appropriate, manipulation to regain as much movement as possible
- Modalities for pain control like electrotherapies, heat/ice or acupuncture to assist in minimizing knee swelling
- Strengthening exercises to initially recover muscle function but progressing to critical strengthening and any sport specific performance training
- Balance and proprioception exercises to improve the control of the knee position
- Education regarding vulnerable knee positions and exercises that are known to be preventative in nature for many knee pain sources of pain
- Consideration given to knee bracing when appropriate

Most initial knee pain resolves in 6 – 8 weeks, and typically by week 4 there is considerable improvement. Your commitment is typically 2-3 weeks for 20 – 30 minutes, in addition to participation in progressive in clinic and home exercises.

### 4 Discharge Review

To help keep you on the **Path to Improved Health** you will receive a home-based exercise program as a toll for you to prevent your injury from reoccurring.

Your primary healthcare provider will also receive an overview of changes, improvement of pain and overall function.

### 5 Discharge Peak Review

We want you to remain at the peak of your **Path To Improved Health** and will follow up on your progress after you are discharged from the clinic. you will receive a follow-up letter, and should you have any reoccurrences or would like to have another concern addressed, we invite you to return to the clinic at your convenience.

