

PATIENT EDUCATION HANDOUT

Knee Pain: How OMT Can Help

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Your knees are one of the most important joints in your body. They support your whole-body weight every day. Everyone from your daily dog walker to professional athletes can experience knee pain.

COMMON CAUSES OF KNEE PAIN

Knee pain can happen immediately (which is termed an acute injury) or over long periods of time (called a chronic injury). Below is a list of common causes of knee pain that your local osteopathic physician (DO) can help you with:

- Muscle imbalances/weakness
- Referred pain from the back, foot or hip
- Arthritis
- Foot problems
- Ankle problems
- Gait (walking pattern) Dysfunction
- Trauma/Injury

WHY CHOSE AN OSTEOPATHIC PHYSICIAN?

Osteopathic physicians receive unique training and education to evaluate, identify and treat muscle, soft tissue and bone problems using hands-on techniques. These techniques are referred to as osteopathic manipulative treatment or OMT for short. OMT allows your osteopathic physician to correct the underlying issue and prescribe medicine to control symptoms.

HOW OSTEOPATHIC PHYSICIANS TREAT KNEE PAIN

Whole-body structural exam: Your DO will exam you head to toe, watch the way you walk and switch from different positions.

Identifying the underlying cause of the pain: Through the structural exam, your DO will identify areas of restricted movement, weakness and misalignment. These will guide the creation of a tailored treatment unique to you.

Osteopathic Manipulative Treatment: Your DO will utilize specific hands-on techniques including but not limited to deep muscle massage, soft-tissue manipulations of muscles, muscle energy techniques, articulation techniques or joint adjustments. These techniques will realign bones, decrease tissue restrictions, improve range of motion and decrease pain.

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