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Put Your Unwanted Knee Pain in the Past!



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Put Your Unwanted Knee Pain in the Past!

Do you experience pain and swelling with squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At Taylor Rehab, our physical therapists can help you find relief and get you moving again!

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment.

Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physical therapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physical therapists!

At Taylor Rehab, we can get you moving once again by relieving your pain and enhancing your body's natural healing process. Call today to schedule an appointment with one of our experts!

What Are The Most Common Knee Injuries?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Knee injuries can result from direct contact or a sudden movement that strains the knee. When there is no specific event connected to the damage, the most common knee pain causes are aging, injury, or repeated stress on the knee.

Knee pain can be mild or severe and include sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some common knee injuries include:

Arthritis. The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage

surrounding your joints deteriorates, and the joint no longer has a sufficient cushion between the bone. This leads to joint inflammation, with varying levels of pain and dysfunction.

Cartilage Injuries. There are two common cartilage injuries:

- **Meniscus injury:** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.
- **Articular cartilage injury:** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.

Ligament Injuries: Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion.

- **Anterior cruciate ligament (ACL).** It is located in the center of the knee and controls rotation and forward movement of the shin bone.
- **Posterior cruciate ligament (PCL).** It is located in the back of the knee and controls the backward movement of the shin bone.
- **Medial collateral ligament (MCL).** The medial collateral ligament is on the inside of your knee and provides stability to sideways motions.
- **Lateral collateral ligament (LCL).** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.

Tendinitis. Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes

Continued Inside

inflamed due to repetitive movements. It is common with jumping and landing motions and also in sports like skiing, cycling, or hurdling.

Knee pain can make it hard to walk, rise from a chair, climb stairs, or play sports. Our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!

How Physical Therapy Can Help Your Knee Pain

Physical therapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will examine your knee for signs of misalignment or structural damage and assess your stance, gait, and functional movements like squats and steps. Your therapist will prescribe the right treatments — including exercises, manual therapy, and modalities — to help decrease your knee pain and improve overall mobility.

We will provide you with a supervised, progressive program to get you moving again. Our programs to reduce pain and restore function consist of range-of-motion, strength training, proprioception, and neuromuscular control activities.

Contact Us Today

If you are living with knee pain, contact Taylor Rehab today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!

Upcoming Free Workshops



Free Shoulder Pain/ Rotator Cuff Workshop

Saturday, October 8th
10:00am

167 Gateway Blvd. Mooresville, NC 28117

Free injury screening at Charlotte Running Co.

Saturday, October 1st, 10 am - 5pm
146 Mooresville Commons Way - Suite 1,
Mooresville, NC, 28115



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Mooresville
(704) 318-4071

Refer a Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Taylor Rehab Physical Therapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



Another 5 Star Review!

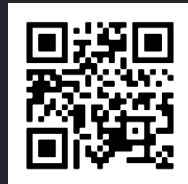


"Super! Significant improvement at conclusion in all areas when compared to beginning of program."

-Percy R



Help us help more people in our community by leaving a Google Review



Gateway



Morrison

Service Spotlight:

DRY NEEDLING

Dry needling is a safe and effective method of treatment provided at Taylor Rehab Physical Therapy in Mooresville, NC to reduce pain and muscle tension, while simultaneously improving mobility. It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, plantar fasciitis, and more.

If you are in Mooresville, NC looking for relief, or if you'd like to gain more information on how dry needling could benefit you, request an appointment at Taylor Rehab Physical Therapy today!

Why Should I Choose Dry Needling?

There are a large variety of musculoskeletal issues that can be treated with dry needling. When paired with our traditional exercise-based physical therapy treatments and advanced manual therapy techniques, we have found that the vast majority of our patients achieved the pain-free goals they were aiming towards.

After conducting a comprehensive evaluation to assess the nature of your condition, our Mooresville physical therapists will let you know if this is the best course of treatment for you. We have used dry needling to treat several diverse conditions, from chronic pain sufferers to athletes experiencing sports-related injuries.

Get started today!

Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible. A video library on dry needling as well as other interventions is located on our website. If you are near Mooresville, NC, and want to know more about our services, don't hesitate to request an appointment at Taylor Rehab Physical Therapy today. We'll get you started on the path toward recovery!

www.taylor-rehab.com



Staff Spotlight



Samantha Myers,
PT, DPT, LAT, ATC, Cert. DN

Samantha joined the Taylor Rehab team in July 2022. She graduated with a Doctorate in Physical Therapy from Mary Baldwin University in Virginia after receiving her Bachelor's in Athletic Training from Bridgewater College. Samantha first became interested in physical therapy after experiencing her fair share of sports-related injuries as a competitive swimmer. As a physical therapist and athletic trainer, she enjoys working with the athletic population in return to sport and performance. She has a special interest in rotational athletes and hip related injuries. She is dry needling certified through the American Academy of Manual Therapy (AAMT). She aspires to continue her education by applying for the Fellowship in Orthopedic Manual Physical Therapy through (AAMT).

Samantha is a North Carolina native and grew up in Charlotte. She is excited to be living in an area where she is close to family. When Samantha is not working with patients, she enjoys spending time in the kitchen, or staying active through hiking, weightlifting and paddle boarding.

Follow Us On Facebook!

We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more! Don't miss out - follow us today!



Pictured in the image to the left: Taylor Rehab celebrating Matt's graduation day!



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