



ISR Physical Therapy Newsletter

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A Proactive Approach to Excellence in Health and Rehabilitation

TAKING CARE OF YOUR KNEES

March 2007

Many baby boomers are just beginning to notice the early symptoms of age-related wear and tear on their knees. Being overweight exacerbates this problem. A sedentary lifestyle is also problematic, as it allows the supporting muscles around the knee to grow lazy. However, in an effort to save the knees, one must be careful about adopting an exercise regimen with the goal of strengthening leg muscles and losing weight. If an overly ambitious exercise program is embarked upon, the knees may not be ready for the stress. The result can be an overuse injury known as "patellofemoral syndrome." The pain occurs when the kneecap (known as the patella) rubs against the bottom of the thighbone (or femur).

Quadriceps strengthening is a common recommendation for treating this disorder because the quadriceps muscles play a significant role in patellar movement. Guidance from a physical therapist can be helpful, but patients need to adhere to the therapist's recommended home program and should not expect overnight success.

To schedule a consultation, call ISR Physical Therapy. Our services include worksite analysis to assist injured employees in returning to work and technical analysis of impairment.

P.S. Patellofemoral syndrome is common among people who suddenly take up such vigorous fitness regimens as aerobics classes that entail a lot of jumping, lunging, and squatting.

www.isrphysicaltherapy.com

"No Excuses, Just Results!"



Richard Bunch PhD, PT



Trevor Bardarson PT, OCS



Marc Cavallino MPT, OCS



Raymond Belisle PT

Fit Tips:

The **quadriceps muscle** is the big muscle in the front of the thigh and it is attached to the patella. Having a strong quadriceps muscle can help prevent knee injuries and can improve conditions such as parapatellar knee pain syndrome (chondromalacia patellae).

Quadriceps exercises can help to strengthen the quadriceps muscle and consist of doing straight leg raises with increasing amounts of weight attached to the lower leg.

Move of the Month: **Standing Quadriceps Stretch**



In a standing position, hold on to a secure surface with one hand while bending your leg toward your buttocks and grabbing it gently with the opposite hand. Hold for 20 sec. and repeat 5 times.

New extended hours: 7am - 6pm. Early and late appointments available.

“Before Therapy I was not able to do a full squat. I am now able to squat down with no pain.” H.B.

Return Service Requested

ISR Physical Therapy
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Houma, LA 70360



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