

Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

GUNN IMS - Intra-Muscular Stimulation

Pilates Based Core Stability Training

ICBC Treatment of Injury Post MVA

Active Rehabilitation Programs

WCB Treatment for Work Related Injury

Worksite Evaluation, Ergonomic Assessment & Wellness Program Development

Functional Capacity Assessment and Medical Legal Reporting

Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

Injury Prevention Education

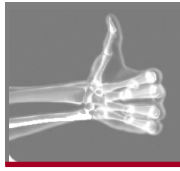
Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

Respiratory Care

Arthritis Treatment and Management

Neurology



Burrard Physiotherapy

You' re In The Right Hands

Physiotherapists

Lynn Chapman

Kerry Maxwell

Barbara Picton

* Lynda Lawrence

Siobhan McEnnis

Olga Dorfman

Shahab Rezaia

Allison Downie

Linda Warren

Andrew Ewert

Ian Koblbauer

FOR APPOINTMENTS CONTACT

Tel: 604 684 1640

WALK-IN'S WELCOME

#702-1190 Hornby Street

Vancouver, BC. V6Z 2K5

Phone: 604 684 1640

Fax: 604 684 1642

Email: info@burrardphysiotherapy.com

www.burrardphysiotherapy.com

Knee Injuries



Knee Injuries

Whether you play sport socially or professionally, a knee injury can put you out of action. At Burrard Physiotherapy we can provide you with expert advice and treatment to speed up healing and get you back into the game.

COMMON KNEE INJURIES

Ligament sprains

Ligaments are bands of strong connective tissue that stabilize the knee joint. Overstretching of these bands can cause ligament fibers to tear and bleed into the surrounding tissues, causing pain, swelling and instability. Severe damage to the ligaments may require surgery, a so-called 'knee reconstruction'.

Meniscus tears

The meniscus is a specialized type of cartilage tissue, which stabilizes and protects the knee joint. These crescent shape cartilages lie between the thigh bone (femur) and the shinbone (tibia), helping provide shock absorption in the joint. Downward pressure from twisting and turning during weight-bearing exercise may tear the meniscus causing pain, swelling and locking of the knee joint.



Tendon strains

Tendons are cord like bands that join muscle to bone. Patella tendonitis or jumpers knee is an overuse injury, caused by repeated jumping and landing.

Patellofemoral syndrome

Excessive stress to the surface of the patellofemoral (kneecap) joint results in knee pain. It may have a number of causes and needs to be assessed by your physiotherapist. See the pamphlet on patellofemoral syndrome in this series for more details.

Some injuries are acute, resulting from sudden trauma like a fall or collision. Others develop overtime, caused by a range of factors including structural problems, incorrect training methods, poor equipment or problems with technique.

Most knee injuries can be treated without surgery. In these cases the treatment of choice is physiotherapy and supervised rehabilitation.

WHAT SHOULD I DO AFTER A KNEE INJURY?

In the first 24 hours after injury use the R.I.C.E. method

Rest Take it easy, but keep moving within the limit of your pain.

Ice Apply ice for 15 minutes every two hours. This helps control pain and bleeding, and minimizes swelling.

Compression Firmly bandage the knee from the calf to the thigh with a tensor wrap. This reduces swelling.

Elevation Have your knee higher than the level of your heart. This reduces swelling and bleeding.

Then visit your doctor or physiotherapist for examination to establish a diagnosis and a treatment plan.

It's smart to give yourself the best chance for a full recovery by avoiding the H.A.R.M. factors in the first 48 hours.

Heat Increases both swelling and bleeding.

Alcohol Dilates blood vessels and increases bleeding.

Running Aggravates the injury.

Massage Increases swelling and bleeding.

PREVENT KNEE INJURIES

Warm up before you exercise and cool-down when you finish.

Buildup your exercise program gradually.

Steadily increase the frequency, intensity and duration of the exercise.

Vary activities to achieve a good balance of muscle development.

Maintain good general fitness and lower body strength.

Be on your toes - try and pivot on the balls of your feet when you turn.

Skiers - check your binding settings. Make sure you can self release.

BURRARD PHYSIOTHERAPY CAN HELP

Depending upon the cause and type of injury, your physiotherapist may use a variety of treatments:

Electrotherapy- ultrasound, electrical muscle stimulation, interferential therapy.

Mobility and strengthening exercises.

Soft tissue massage and passive mobilization

Taping and bracing

Development of a rehabilitation plan.