



# MyoRehab

## Knees, Knees, Knees

By Victoria L Magown



**The** *Knee*, quite a complicated joint. With skiing and snowboarding season upon us, both young and old will be experiencing some severe falls. When your feet are locked into ski or snowboard bindings and you have a fall, hopefully the bindings will release in time so the knees do not twist or torque. If the bindings fail to release, you can experience severe knee pain, in one or both knees.

After your knee has been examined by a doctor and no ligaments are ruptured, then what do you do? Often, the doctor will refer you to physical therapy which will involve exercises and/or taping the knee to relieve pain. Sometimes, you are diagnosed with a laterally displaced patella (your knee cap has shifted laterally out to the side) and the physical therapist tapes the patella back into correct position.

What we have learned over the years at MyoRehab, is you cannot “force” a joint (in this case, the patella), back into correct position. It is not just the patella that is in a dysfunctional position; it is also the femur and tibia that no longer line up correctly. The tibia is often medially rotated which causes the patella to be positioned laterally, no longer tracking in the center of your knee.

Now, your fascia and muscles are splinting and bracing to hold the knee joint so it will not move any further in dysfunctional position. First, all the fascia and muscles above and below the knee need to be released; then the tibia and femur can be gently tractioned and de-rotated to return to correct position.

After the tibia and femur are in correct neutral position, your knee pain is most often 50% decreased. The next step is to release the fascia and muscles attached to the patella and it will naturally want to return to a neutral position. It does not need to be forced. Now your knee is completely pain-free.

We give you gentle home exercises so you can rehabilitate and strengthen your own knee in correct position. And we help you figure out if there is some position you are doing, (that perhaps you are not aware of), that keeps aggravating the knee pain. We call these positions Perpetuating Factors. It may be the way you have been sitting all your life and now that you have injured your knee, can no longer do. We also review sleeping positions and correct ergonomics at the computer. No tucking your feet under the chair when you sit as that keeps the fascia and muscles in the back of knee shorten and they no longer return to their normal full length when you stand up to walk.

Now, some of you have never skied or snowboarded a day in your life or had any injury and yet are experiencing knee pain also. Usually those are people who “sit funny”. You know

who you are. You curl up on the couch with both knees fully bent to one side watching a movie with your honey. Or you sit with the left ankle on the right thigh which torques the left knee. And then when you stand up, you experience left knee pain which may or may not go away when you start walking. Or the patella “pops” or “grinds” with just a little discomfort (which gets worse with time) because it is being pulled out laterally to the side and no longer tracking correctly in the center of your knee.

You keep sitting like that, and eventually you will be a likely candidate for a knee replacement...especially as you get older. We treat folks with this type of knee pain also, as well as teaching you to sit “like a lady” or “gentlemen” (for your knees’ sake).

*Please enjoy your winter sports, but if you have an injury, make an appointment for treatment. Call MyoRehab at 505-872-3100 and make an appointment now. Conveniently located at 4263 Montgomery NE, #200, Albuquerque, NM 87109.*

**GOT PAIN?  
WE HAVE ANSWERS**

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872-3100**

**Providing drug-free treatment  
for pain relief for over 30 years.**