



Physical Therapy & Sports Medicine

by Alan Visnick, PT, OMT, L.A.T., C

Director of Treatment

BROUGHT TO YOUR KNEES

As health conscious baby boomers reach their 60's and 70's and continue to exercise, attention is increasingly being focused on osteoarthritis of the knees. This diagnosis occurs when the smooth articular cartilage, that covers the end of the bones comprising the knee joint, begins to wear away. The knee's lubricating fluid thins out and becomes less effective in reducing friction. The resulting increase in friction cause pain and reduced mobility. The early onset of these symptoms can often be helped by the appropriate activity modification and therapeutic exercises.

If you are suffering from knee pain, the certified orthopaedic manual therapists from Orthopaedics Plus can help. Our experienced staff has been helping patients recover from orthopaedic and sports injuries, as well as injuries to the spine for over 20 years. Call our office to schedule an appointment and find out why choosing your physical therapist carefully is so important.

P.S. Weight loss can be an important component in reducing arthritic pain of the knees. Each pound of body weight equals 4 to 5 pounds of compressive force at the knee joint.

**One of Greater Boston's
Premier Orthopaedic
Manual Physical Therapy
Practices for over 20 years.**

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