

Knee Pain (Sports Injuries Part-I)

The Knee Joint

This is a vulnerable complex joint that bears a great deal of stress from daily activities such as walking, lifting, bending, kneeling, jogging, exercise and sports activities.

Knee Structure(Anatomy)

- I. Femur: Thigh bone (upper part).
- II. Tibia: Shin bone (lower part)
- III. Patella: Knee cap.
- IV. Muscles, ligaments and Tendons: which hold the knee parts together

Each bone is covered at each end by cartilage, which acts as a cushion or shock absorbent to protect and facilitate knee functions.

Some of Knee Pain/Injuries/Problems

Several knee problems are the result of wear and tear from daily activities, sports, and illnesses such as arthritis or sudden movements that may result in sprain/ strain of knee tendons/ ligaments or muscles.

Diagnosis

Evaluate each case on an individual basis and treat it from all aspects and perform/order tests as needed.

Natural Treatment

In our clinic we perform Specific tailored treatment plans for knee problems depend on patient individual needs, which may include and not limited to: chiropractic treatment, cold laser therapy, rehab, physical therapy and nutrition.

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