

Try **Physical Therapy** **FIRST**

by Phyllis Quinn, P.T.



Knee Injuries

Three million people suffer knee injuries annually, and one of the most common injuries involves the meniscus. This crescent-shaped disc cushions the bone as well as the surface of the overlying cartilage. Twisting or overflexing the knee joint often causes meniscal injuries. Women are twice as likely as men to suffer a tear, especially if they are over thirty. As people age, the meniscus begins to lose its elasticity. Some minor tear will heal with rest and medication, while others require physical therapy or outpatient surgery. However, this risk is no reason to avoid exercise. In fact, strengthening your hamstrings and quadriceps helps support the knee as well as helping to prevent injury. Especially helpful activities are swimming, biking, and lunges.

Exercises for meniscal problems are best started with guidance from a doctor and physical therapist or exercise therapist. The therapist will make sure that the patient does the exercises properly and without risking new or repeat injury. If the tear is more extensive, the doctor may perform arthroscopic or open surgery to see the extent of injury and to repair the tear.

Please join us at the Blackstone Library on Thursday, March 30 at 6:00 p.m. to learn more of what can be done for arthritis. Catharine Arnold, M.D. and Phyllis Quinn, P.T., will present a seminar on this timely topic.

**To learn more, call
Physical Therapy Services
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