



## Early Intervention Planning



# Knee Pain

Do you have difficulty going up and down stairs, standing up after prolonged sitting or pain in your knee when walking? We can help!

### Common Causes of Knee Pain

Knee osteoarthritis and patella-femoral pain affect millions of individuals in the U.S. each year. Hip and thigh weakness, as well as limitations in range of motion, can result in a predisposition to developing these conditions.

#### Innovate can help:

- Assess strength and flexibility
- Create a home program to address any imbalances
- Educate on self-management
- Enhance overall joint function with personalized therapies

**Call Innovate Physical Therapy today to learn about how we can help relieve your knee pain.**