

Dutch Physical Therapy Services Summary

Symptoms/Complaints/
Diagnosis

Knee Pain



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Health Concern	Possible Causes	Common Symptoms	Physical Therapy Treatments
Bursitis	Repetitive injury Wear and tear Physical trauma	Inflammation of the bursa or fluid sack that cushions the joints and tendons	Modalities: ice or heat, ultra sound, e-stim, etc. Hands on manual therapy and or massage Active recovery techniques and exercises
Meniscus tear	Physical trauma or injury Repetitive motions Aging	Slight to severe pain with movement Swelling	Active recovery techniques and exercises Modalities: ice or heat, ultrasound, etc
Ligament Injuries Sprains	Physical trauma Repetitive strain	Pain and swelling on the sides of the knees	Exercise program to minimize pain and improve range of motion Progressive loading of injured tissues
Chondromalacia or Runner's Knee	Softening of irritation of the cartilage	Pain under the knee cap with movement	Modalities: ice, heat, ultrasound, e-stim, etc. Exercise program to correct faulty movements and improve balance

Many Americans suffer from knee pains and limited movement. Dutch Physical Therapy can help to minimize your pain and prevent further injuries to your knees.