

# YOUR COMPLETE GUIDE TO KNEE PAIN



...and how to treat it naturally, without  
painkillers or surgery

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*The information in this guide are not a replacement for the services of a healthcare professional. Please do not use this book to diagnose or treat a medical or health condition.*

*Always consult a physician or a licensed healthcare professional, such as a physical therapist, before starting an exercise plan. If an exercise is increasing your pain, please discontinue and consult a certified provider.*

*Call (239) 676-0546 to schedule a free Full Body Diagnostic with Bridging The Gap Physical Therapy.*



Let's not sugarcoat it: you're reading this report because you (or someone you love) is suffering from knee pain, and you're desperate for a solution.

So let's dive in.

The authors of this report consist of the expert physical therapy team at Bridging The Gap Physical Therapy, where we are committed to helping you find that solution—naturally, and without dangerous surgeries, expensive weekly chiropractic bills, or addictive prescription drugs that do more harm than good. We have helped countless people discover the secret to finally living pain-free and returning to the active, independent lifestyles they deserve.

Our goal is to help active people stay fit, healthy, and mobile...without pain medications, injections, or surgery!

Contact Bridging The Gap Physical Therapy at [hello@bridgingthegappt.com](mailto:hello@bridgingthegappt.com) or (239) 676-0546 to book your first session—completely free of charge if you mention this guide!

**Knee pain is one of the most common reasons that people slow down and stop doing the things they love.**

Whether you're a runner, a golfer, a tennis player, or just a grandparent who wants to get down on the ground and play with your grandchildren, knee pain can be severely debilitating.



Here are frequently asked questions from knee pain sufferers:

- ❖ “Why is there this sharp pain in the front of my knee?”
- ❖ “Why does my knee feel like it’s going to buckle or give way?”
- ❖ “Why did my friend’s knee get better and mine hasn’t? Why is this taking so long?”
- ❖ “Am I going to have to get a knee replacement?”

Does any of this sound familiar?

If you or one of your loved ones has experienced knee pain within the last 6 – 12 months, you already know how life-altering it can be. Besides the physical injury you may have experienced, the real damage can occur a little more slowly over the following months and even years.

Once you have knee pain, your whole world changes. Where you once felt comfortable and confident, you now start to doubt your abilities.

As you start to question your knee's ability, your activity level gradually declines, and a few things start to happen. First, you become less mobile, and by default your strength and balance start to decline. Second, you don't get out as much as you used to. Things like going for walks with a spouse, or even just going out and socializing with friends, start to become too much to handle.

Ultimately, what's happened is this:

**The fear of knee pain has limited the amount of enjoyment in your life.**

Maybe this all sounds “doom and gloom,” but there's a light at the end of the tunnel, and it's right here in this report! If you're caught in this downward spiral and are looking to take control of your knees and regain your active lifestyle, we have good news for you: there's a lot that can be done!

But before we get into the specific strategies that will help improve your knee pain, let's take a look at the various factors that can cause knee pain. See if any of these resonate with your situation—if they do, a physical therapist may be able to help you.

# **Mobility and Stability are the Two Main Culprits of Knee Pain**

## **1) Mobility**

Mobility is exactly what it sounds like: your ability to move! Mobility can be about how much you're moving—for example, how much you're walking, stretching, and exercising—or it can be about your ability to move certain joints.

Not all mobility is created equal. Many people are under the false assumption that if they walk every day, they will be able to maintain their mobility. This isn't always the case! In order to maintain or improve mobility, you need to constantly push yourself harder. It's not enough to walk—you must walk farther each day, or faster each day.

## **2) Stability**

Stability is just another word for strength. But, as with mobility, not all strength is created equal!

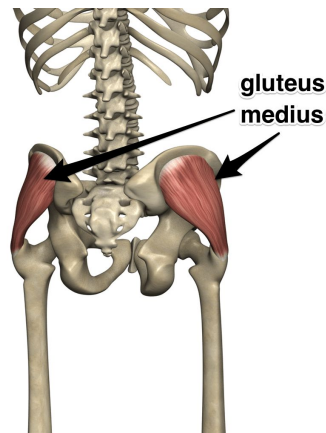
Think of stability like the foundation of your house. Without a solid foundation, the rest of your house is going to fall. The same is true for muscles: if a few crucial stabilizing muscles are weak, there will be nothing to support the more “popular” muscles that people love to work out.

Deficits in mobility and/or stability will have a negative impact on your ability to protect your knee. **BUT THE GOOD NEWS:** These deficits can be improved! You just have to know what needs improving and exactly how to improve it.

We can help. Bridging The Gap Physical Therapy specializes in knee pain relief! Call (239) 676-0546 to schedule your evaluation, completely free of charge.



You can test yourself RIGHT NOW, in the comfort of your own home, to see whether stability and/or mobility are the problems causing your knee pain!



One of the most common stability-related causes of knee pain we see at Bridging The Gap Physical Therapy is hip weakness. This is caused by a problematic muscle in the hip called the **gluteus medius**.

The gluteus medius is responsible for keeping your hips in place. If you have weak muscles here, your hip is likely to slip out of place and put intense stress on your knee when you step forward.

(Try it right now!)

Did you feel stress or pressure on the inside of your knee joint? If so, you probably have weak hips! This pressure will speed up the rate at which your knee deteriorates, which can cause scary things like arthritis, degenerative knees, and even the dreaded knee replacement.

It's all avoidable by strengthening your gluteus medius!

If you think this could be what's causing your knee pain, contact us immediately for a FREE Full Body Diagnostic with one of our knee specialists at (239) 676-0546.

One of the most common mobility-related causes of knee pain that we see here is poor range of motion on the knee joint. Time for another at-home test: see if you can fully extend your knee.

Go ahead, we'll wait!

If you can't straighten your knee completely, then you're increasing the compressive forces on your knee joint every time you take a step. Not good. Any unnecessary stress on your knee joint will increase the rate at which your knee deteriorates—and, of course, unnecessary stress makes your knee hurt.

Call (239) 676-0546 if you're unable to fully extend your knee—we can help with that! Your visit with us will be completely free if you mention this guide.

If any of these common causes of knee pain resonated with you, you might benefit from physical therapy! Call (239) 676-0546 to schedule your free Full Body Diagnostic.

For more information about how your knees work and how you can keep them healthy, call the authors of this free guide at (239) 676-0546 or email [hello@bridgingthegappt.com](mailto:hello@bridgingthegappt.com) and schedule a consultation.

## **ABOUT BRIDGING THE GAP PHYSICAL THERAPY**

Bridging The Gap opened its doors in January 2020. Our goal is to help active people stay fit, healthy, and mobile...without pain medications, injections, or surgery!

Our philosophy is based on completely natural solutions—we are firmly against painkillers and unnecessary surgeries. Our use of Manual Therapy techniques help the body return to efficiency through mobilization of joints, neurodynamics, fascia, and visceral (organ) mobilization. In other words, we get you better without surgery or drugs—and because you spend your entire session with one doctor, instead of seeing assistants or doing solo exercises, you're guaranteed to get better faster with us than you would with traditional physical therapy offices!

Call (239) 676-0546 for more information and we'll help you take the first steps toward the pain-free life you deserve.