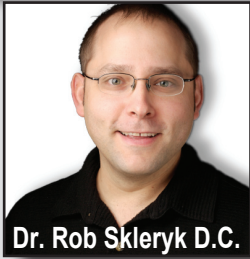


**Live,
Without Pain!**

May 2007 Newsletter

If you or your organization would like to book a speaker regarding Laser Therapy, please call Suzanne Biller at (403)235-2737 or email sbiller@laserhealthsolutions.com.

Knee Injuries



Dr. Rob Skleryk D.C.

There are many causes of knee pain, from acute injuries to chronic conditions. Most respond extremely well to Laser Therapy. The following are just a few examples.

Ligament Injuries

There are 4 ligaments in the knee that attach your femur (thighbone) to your tibia and fibula (lower leg bones). There is one on each side of the knee. The Medial Collateral Ligament is on the inside. The Lateral Collateral Ligament is on the outside. A strain or tear in one of these is usually due to a fall or contact injury. You may feel mild to severe pain which is worse when you bend your knee.

Two ligaments are inside the knee and cross each other. The Posterior Cruciate Ligament (PCL) attaches to the back of your shinbone. The Anterior Cruciate Ligament (ACL) attaches near the front of your shinbone. PCL tears cause pain and swelling behind your knee. ACL tears are usually more severe. The pain is usually intense with immediate swelling. You may be unable to put any weight on the injured leg.

Tendon Injuries

Tendons are thick cords of tissue that connect muscle to bone. Repetitive stress can cause irritation and swelling, or tendonitis. The patellar tendon (ligament) connects the knee cap to the tibia. Pain is felt in the front of your knee, below your knee cap and is worse when squatting, climbing stairs or running. A partially ruptured patellar tendon will cause intense pain when you extend your knee. A complete rupture will prevent you from straightening your knee at all.

Meniscus Injuries

Tears in the C-shaped fibrocartilage in your knee joint (Meniscus) that cause your knee joint to lock usually requires surgical intervention. But most tears are small and simply cause pain and swelling that develops one to two days after the injury. Tears can happen due to injury or degeneration.

Chondromalacia Patella

Also known as patellofemoral pain is felt as pain between the patella (knee cap) and the femur (thighbone). The main symptom of this condition is pain and tenderness in the front of your knee. It often is worse when you climb stairs, get up from a sitting position, or when you sit for a long period of time. It's common in athletes and young women, especially those with slight misalignment of the knee cap. As well, older adults are susceptible as a result of arthritis in the knee cap.

Featured this month:

- Knee Injuries
- Success Stories

Bursitis

A bursa is a small sac of fluid that helps tendons and ligaments glide smoothly over the joint. When a bursa is inflamed, it's called bursitis. It causes pain, redness and warmth. You may also feel stiffness when walking and extreme pain when you kneel.

Success Story Hyper-Extended Knee

"A year ago during a game I took some big hits and broke my collar bone. I thought it would put me out for the rest of the season. I went for treatments with Dr. Rob and about 5 weeks later I was fine. On the 6th week I was playing again.

Recently I hyper-extended my knee. I went for treatment immediately after which the swelling went down and in a few days I was back playing again. It really sped up the healing and recovery. I had the same injury two years ago and I missed the following game but with this I was hurt on Monday and able to play on Friday. I'm a believer now." **Mark Washington #23 - Defensive Back - BC Lions Football Club**

Success Story Post Surgical ACL/Meniscus Injury

"In July of 2004, I injured my knee in a soccer match. I had a scope done and was told my ACL was torn. I tried to avoid surgery at first and used a brace, which was not successful as I re-injured it May 2006. In Aug 2006, I had my ACL replaced and a torn meniscus repaired- the repair to the meniscus didn't take and it had to be removed in December 2006.

In January 2007, I started with the laser and the results have been great! I have regained most of range of motion in a fraction of time it took physiotherapy and other methods. And I am pain-free! I'd recommend it for any soft tissue injury." **Gab K.**

Success Story Chondromalacia Patella

"I first started noticing pain about 10 years ago. The pains in my knees would go from achy to sharp to not being able to bear weight on them after activities. Gradually the pain got worse - to the point where going down stairs and running down hills was worse than going up! Until this last year the pains were progressively getting worse and my knees were starting to swell with activity. The last 4-6 months I haven't really been able to do any activities because of my knees. I tried taking anti-inflammatories for the pain during activities but it got to the point where they didn't even work anymore. I also tried physical therapy, taping and bracing and they didn't help anymore either.

I heard about LaserHealth Solutions on the radio ... I had nothing to lose, so I phoned and made an appointment. Now 8 treatments later, I am about 85% improved, my quality of life has improved and I am very happy. I am able to do more cardio, I am up to 50 minutes of alternating walking and running, doing more weights and today was able to do reverse lunges which I was not able to do before. I have recommended LHS to others as well. Thanks, LaserHealth Solutions." **Lisa F.**

Coming up next month:

- Wound Healing
- Trivia Question
- More Success Stories

Have Questions?

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