



Knee Pain: Car Accidents & Skiing

By Victoria L Magown

What does a person with knee pain after a car accident; a person with knee pain after a ski injury and a person with knee pain who kneels frequently, such as gardening, have in common?

The knee is a complex joint and can become mis-aligned – subluxed, rotated and/or compressed. After 34 years of treating MyoFascial Pain and Dysfunction, I have unraveled the mystery and can significantly decrease or eliminate your knee pain.

The treatment is the same: release the restricting Fascia and Muscles; use a gentle Muscle Energy Technique to realign the knee joint and return it to neutral with appropriate spacing.

A Muscle Energy Technique and/or gentle Traction of the joint are within every practitioner's scope of practice. It is not like Chiropractic. When using a Muscle Energy Technique, the patient uses their own muscles to pull the joint into correct alignment.

During a car accident, when sitting at the red light with your foot on the brake, both the knee and hip are flexed. When you are rear-ended, the knee joint can become jammed and

mis-aligned. Consequently, the brain keeps telling the Fascia and Muscles around the knee to splint and brace so the joint won't become further mis-aligned.

Really serious knee injuries can happen while skiing. Sometimes, the boot does not come out of the binding and the knee is twisted. You may still have pain even after surgery. Treating the Fascia, Muscles and mis-alignment can bring relief and increased Range of Motion.

For those of you who work or have hobbies repeatedly staying on your knees, the joint is slowly mis-aligned over time. I use the same treatment to release the restricted Fascia and Muscles, and then re-align the knee.

We review correct sitting and sleeping postures so the knee won't be tempted to return to the dysfunctional position. Then specific exercises are given to keep the release we gain in treatment.

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