



**OCEAN PHYSICAL THERAPY
AND SPORTS MEDICINE CLINIC**

4501 Mission Bay Drive, Ste. 3K, San Diego, CA 92109, Phone (858) 866-0340

RUNNER'S KNEE

Running outside is a very popular form of exercise and while it has excellent health benefits, physical problems can arise quickly and with very little miles run. Even running less than five miles a week can cause a person to develop what it is commonly referred to as "runner's knee". Runner's knee is a common dysfunction that plagues runners of all levels and ability levels. The major symptom is pain under or around the knee cap (patella). The pain is felt not only when running but also while walking up and down stairs, kneeling, squatting, and sitting with a bent knee for a long period of time.

There could be several causes and reasons for runner's knee. Hip and thigh weakness is one of the leading causes, as well as a misalignment of the knee cap, a tear in the surrounding structures, having flat feet, or excessive training or overuse. Regardless of the cause, fast and effective treatment is imperative for the correction of this condition.

Physical therapy is imperative in order to return to pain-free running. Runner's knee requires treatment of the entire lower leg, including the hips and feet. Strengthening and stretching of the appropriate musculature is essential to proper recovery as well as specific manual therapy to correct the appropriate tissues. Also, a combination of RICE (rest, ice, compression, elevation) and stretching at home will yield the fastest and most effective results.

The most important thing to remember with runner's knee is the sooner you seek treatment the faster it will heal. It is not any injury that will go away on its own - you will need professional medical intervention. It is however, something that you are able to fully recover from and be back on the road in no time. (Article source: The Mercury - Pottstown, PA; By: Dr. Heather Moore; 8/08/11)

We accept a wide range of insurance carriers as well as workers comp. and cash clients.

Please call us at 858-866-0340 if you'd like more prescription forms sent to you.

If you'd like to have your fax # removed, please notify us via office phone. Thank you.



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"Wave Of Recovery"

Ocean Physical Therapy

4501 Mission Bay Drive, Suite 3K
San Diego, California 92109
Tel: (858) 866-0340
Fax: (858) 866-0342

Patients Name: _____ Date: _____

Diagnosis: _____ ICD-9: _____

Specific Instructions (as needed): _____

___ **Evaluate and Treat (as needed)**

- | | |
|--|--|
| <input type="checkbox"/> Manual Therapy - Mobilization | <input type="checkbox"/> Joint Mobilization |
| <input type="checkbox"/> Soft Tissue Massage - Mobilization | <input type="checkbox"/> Neuromuscular Re-education |
| <input type="checkbox"/> Therapeutic Exercise - Active -
Passive - Resistive - Functional | <input type="checkbox"/> Electrical Stimulation - Pain Control |
| <input type="checkbox"/> Gait Training | <input type="checkbox"/> Ultrasound |
| <input type="checkbox"/> Traction (manual) - Cervical -
Pelvic - Extremities | <input type="checkbox"/> Cold Pack |
| <input type="checkbox"/> Simulated Work Hardening - Conditioning | <input type="checkbox"/> Heat Pack |
| | <input type="checkbox"/> Custom Foot Orthotics |
| | <input type="checkbox"/> Other - Specify |

Frequency: ___ per week for ___ weeks Physicians Signature: _____

Print Name: _____ Lic/NPI# _____