

PILATES FOR KNEE INJURIES AND PAIN

ANTERIOR AND POSTERIOR CRUCIATE LIGAMENT INJURIES are strong stabilizers that are located in the middle of the knee joint. The anterior cruciate ligament (ACL) is most often stretched, torn or both by a sudden twisting motion, for example, when the foot is planted one way the knee is twisted the other way. The posterior cruciate ligament (PCL) is most often injured by a direct impact, such as in a motor vehicle collision or football tackle.

MEDIAL AND LATERAL COLLATERAL LIGAMENT INJURIES are positioned on either side of the knee joint, medial on the inside, lateral on the outside. The medial collateral ligament (MCL) is more commonly injured than the lateral collateral ligament (LCL). Injury to the MCL is most often caused by a blow to the outer side of the knee, which often happens in contact sports like football or hockey. This stretches and tears the ligament.

TREATMENT

After any knee injury a physiotherapist for a thorough rehabilitation program should be consulted. For an incomplete tear, an exercise program to strengthen surrounding muscles is required. A knee brace may be recommended during activity. The program will be prescribed according to your particular injury, symptoms, sport, and occupation. Each program needs to be progressed as symptoms decrease and the knee gets stronger. Exercises will include stretching or range of motion exercises

strengthening, and balance training through activities known as proprioception (The unconscious perception of movement and spatial orientation arising from stimuli within the body itself.) exercises. If surgery is needed, a brace will most likely be required to wear during exercise or playing sports. Regardless injury, a good rehabilitation program can get you back to good function and activities faster and safely.

HOW PILATES CAN HELP

Pilates is perfect for the rehabilitation program getting your knee back to good function and you back to your activities and also in keeping you knee strong and stability to ward off future re-injury. Reformer work is ideal for strengthening muscles surrounding the knee joint and in creating programs that can be progressed as symptoms decrease and knee gets stronger. Range of motion can also be varied throughout. Quadriceps, hamstrings, abductors, adductors can all be strengthened. Stability is a big part of Pilates. Jumpboard, side splits and more can be used as symptoms decrease to further challenge the stability of the knee.

To find out more how Pilates and Pilates Patio can help you recover from knee injuries and pain, please contact us at 613-422-3638 or lanipilatespatio.com



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