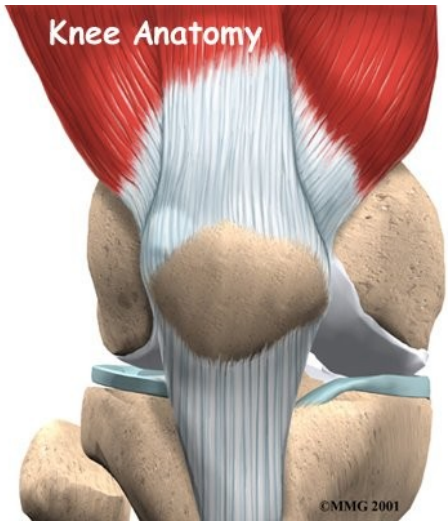
Introduction to Knee

Physical Therapy in San Jose, Los Gatos, Foster City and Burlingame for Knee

Welcome to MORE Physical Therapy's patient resource about knee problems.



The knee is a sensitive area of the body and one that can be injured doing almost any activity. The knee is normally exposed and vulnerable and a simple twist can lead to a serious injury as well as ongoing problems and a long recovery time. Therefore, whether your sport is rugby or racquetball, bowling or badminton, you cannot take chances with this body part.

This section of our site has everything you need to know about preventing or correcting a knee injury. It is our goal to provide you with resources, exercises and other knee related information that will allow you to learn about how easily this sensitive area can be injured.

When you take the necessary steps in preventing an injury, you will enjoy your chosen sport more and avoid Physical Therapy and other painful and time consuming tasks that come with nursing a knee injury.

Click on one of the links below to learn more:

Knee Anatomy

Knee Issues

Knee Surgery

FAQs

MORE Physical Therapy provides services for Physical Therapy in San Jose, Los Gatos, Foster City and Burlingame.