



**4 SIMPLE  
WAYS TO BEAT  
KNEE PAIN WHILE RUNNING**

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GOOD LUCK,  
ELLIOTT PT  
RUNNERS!

BOSTON  
MARATHON  
2022



## 4 SIMPLE WAYS TO BEAT KNEE PAIN WHILE RUNNING

We all know that running is great exercise for our bodies, but often people stop due to knee or lower leg pain. This can happen for a variety of reasons, but usually ones that we are not aware of. Over 50 million Americans deal with some sort of knee trouble, as the knees are the second most common injured joint, the first being the joints in the spine. Therefore, it is essential to know what you can do to prevent knee troubles from even starting.

**Most all knee and leg pain can be attributed to the following issues:**

- Poor muscular strength
- Imbalance of muscular strength with

certain muscles stronger and others weaker

- Poor muscular coordination
- Poor biomechanics of walking/running
- Lack of flexibility

### Don't Push Through the Pain

While feeling a stretching sensation or muscle burn is a normal part of exercising, feeling pain is not. Sharp or dull pain should be paid attention to and not pushed through. Make sure you are doing adequate warming up prior to exercising as muscles and tissues require internal lubrication

to work properly. Warming up brings natural fluids to the area to help with lubrication, improving elasticity and function.

### 4 Ways to Improve Knee Pain

#### 1. Increase your leg strength

Do wall sits, knee extensions, toe raises, hip side-lifts and more. Speak with one of our professionals about how to perform these exercises correctly.

#### 2. Maintain and improve flexibility

Do adequate active warm-ups prior. Try integrating yoga, Pilates and active movements into your routines.



# DON'T PUSH THROUGH THE PAIN

### 3. Improve your balance and coordination

Do balance exercises to build up your proprioception (sense of balance position). Exercises such as standing on one leg with and without eyes closed are important. Don't forget to make sure you setup for safety when performing balance exercises by having a steady surface nearby to hold onto when needed.

### 4. Improve your agility

Many casual runners, simply run, but do not perform other types of important exercises such as strengthening, balance and agility training. Mix up your workouts to include these other types of exercises.

**GOOD LUCK, ELLIOTT PT RUNNERS!  
BOSTON MARATHON 2022**

## EXERCISE ESSENTIALS

Strengthens hips and glutes

### RESISTED LATERAL STEPPING

Wrap a resistance band just above both ankles. Stand with both legs hip-width apart so that there is tension on the band. Keeping your chest upright, back straight, and knees slightly bent, take a large step with one foot away from the opposite foot. Follow through by stepping in the same direction with the second foot, back into the original stance. Repeat this same maneuver into the opposite direction. Keep moving back and forth to the right and left in this manner until you have repeated the exercise at least 10 times.

### Seeing a Specialist

If you have recurring knee pain or discomfort for more than 3 days, it is time to see a specialist. The ideal specialist to see is a physical therapist as they are medical experts in joint movement and function (kinesiology). A thorough evaluation needs to be done of your movement, walking patterns, strength, joint mobility, and proprioception.

Only then, can the true source of the pain be found, treated and help you understand what you can do to prevent it from returning. In addition, if you are an avid athlete, a physical therapist is key in helping you discover new ways to improve your movement and function, helping you improve your game. Get on the path to healthy knees and call us today for a free joint movement analysis. Discover how liberating it can be to run or exercise pain-free.



**Come Back To  
Elliott Physical Therapy!**

**Call us or visit**

**[www.elliottphysicaltherapy.com](http://www.elliottphysicaltherapy.com)**

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*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

## MARK YOUR CALENDAR!



# SUPPORT ELLIOTT PHYSICAL THERAPY'S MARATHON TEAM!

● MARCH 21, 2022 - 6 PM ●

### Steel & Rye

95 Eliot Street, Milton, MA

JOIN US FOR A FUN NIGHT OF FOOD STATIONS INCLUDING WELLFLEET OYSTERS, RAFFLES, SILENT AUCTION AND A CASH BAR ALL TO SUPPORT ELLIOTT PT'S MARATHON TEAM BENEFITING BOYS & GIRLS CLUBS OF DORCHESTER.

STEEL & RYE



Minimum suggested donation \$100 per person. Scan here!  
Please RSVP to [brittanyw@elliottphysicaltherapy.com](mailto:brittanyw@elliottphysicaltherapy.com) by  
March 14. Can't make it? Scan QR code to make a donation!



## ELLIOTT PHYSICAL THERAPY SUPPORTS THE BOYS & GIRLS CLUBS OF DORCHESTER

TEAM ELLIOTT PT WILL RUN THE 126<sup>TH</sup>  
BOSTON MARATHON TO RAISE MONEY

Elliott Physical Therapy is honored to be taking part in the 126<sup>th</sup> Boston Marathon to raise money for Boys & Girls Clubs of Dorchester. The Boys & Girls Clubs are an award-winning youth development organization prided on providing a safe haven and life-enhancing programs to the youth of Dorchester, Massachusetts. They inspire young people of all ages and diverse circumstances to find their full potential through providing opportunities for growth within their communities.

Elliott Physical Therapy has partnered with BGCD because we understand the importance of providing a supportive environment for people of all ages to challenge themselves to improve their fitness and well-being. We believe in the power of teamwork to accomplish goals and guide each other to reach our movement potentials.

Our team of six consists of Aaron Sotto, Clinical Manager at Hanover; Amanda Issler, Office Manager at North Attleboro; Alyssa Harp, Physical Therapist in Dorchester; Kyle Wyss Physical Therapist in Dorchester; Brittany Witherell, Physical Therapist in Dorchester; and Katie Radermacher, Physical Therapist in Dorchester.

We greatly appreciate any donation amount to help this fantastic organization!

DON'T DELAY — COME BACK TO PT TODAY

## SCHEDULE A TELEHEALTH OR IN-CLINIC CONSULTATION

Call us to schedule your telehealth or in-clinic consultation with a physical therapist.

### WE CAN HELP YOU:

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

elliott  
PHYSICAL THERAPY

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