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problems. • Beginning a program of physical therapy, or exercising on your own. Begin a regular exercise program to ...THE SPORTS MEDICINE PATIENT ADVISOR Low Back PainTHE SPORTS MEDICINE PATIENT ADVISOR 7. WALL SQUAT WITH A BALL: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder's width apart. Place a rolled up pillow or a soccer-sized ball between your thighs.Full page photo - Primary Care Sports MedicineTHE SPORTS MEDICINE PATIENT ADVISOR Patellofemoral Pain Syndrome (Runner's Knee) How does it occur? Patellofemoral painsyndrome canoccurfromoveruse ofthe kneeinsports andactivities suchasrunning, walking, jumping, orbicycling. Thekneecap (patella)is attached tothelargegroup of muscles inthethigh calledthe quadriceps. Itisalsoattached ...THE SPORTS MEDICINE PATIENT ADVISOR Patellofemoral Pain ...PCSM's mission is simple: Developing lasting friendships through

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PATIENT ADVISOR

Patellofemoral Pain ...

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Patellofemoral Pain

Syndrome (Runner's

Knee) How does it occur?

Patellofemoral

painsyndrome

canoccurfromoveruse

ofthe kneeinsports

andactivities

suchasrunning, walking,

jumping, orbicycling.

Thekneecap (patella)is

attached tothelargegroup

of muscles inthethigh

calledthe quadriceps.

Itisalsoattached ...

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PATIENT ADVISOR 7.

WALL SQUAT WITH A

BALL: Stand with your

back, shoulders, and head

against a wall and look

straight ahead. Keep your

shoulders relaxed and

your feet 1 foot away fñrn

the wall and a shoulder's

width apart. Place a rolled

up pillow or a soccer-sized

ball between your thighs.

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Having traction, if

recommended by your

doctor. • Wearing a belt or

corset to support your

back. • Talking with a

counselor, if your back

pain is related to tension caused by emotional problems. • Beginning a program of physical therapy, or exercising on your own. Begin a regular exercise program to ...

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Medicine

I see a ton of seniors

limping around in view of

nerve and muscle

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The references end up

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Back Pain

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Shoulder Rehabilitation

Exercises 1. WAND

EXERCISES A. FLEXION:

Stand upright and hold a

stick in both hands, palms

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10 times. B. EXTENSION:

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The Sports Medicine

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Rhomboid Muscle Strain or Spasm

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Patient Education - Primary Care Sports Medicine

THE SPORTS MEDICINE PATIENT ADVISOR

recovers, not by how many days or weeks it has been

since your injury occurred.

In general, the longer you have symptoms before you start treatment, the longer it will take to get better.

You may safely return to your sport or activity

when the muscles are no longer in spasm and you

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