Introduction to Knee

Physiotherapy in Okotoks for Knee

Welcome to Dynamic Physiotherapy'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 physiotherapy 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

Dynamic Physiotherapy provides services for physiotherapy in Okotoks.

Hear from some of our patients who we treated for **Knee Pain**

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“ I had a fairly severe knee injury, and the team met with me, learned about me and went over our rehab plan. It was fully customized to me, my injury, my lifestyle, and my body. The team has been super courteous. They do both manual and machine rehab. They email you the plans for the week that you can pull up on any device without needing a login. It was also nice having them direct bill my insurance. Super clean facility, easy parking. Had a great experience ”
Jacey V

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“ I have had a wonderful experience at Dynamic Physiotherapy! Sandra, the receptionist, is welcoming and very efficient. Mikayla was amazing. She is very personable and knowledgeable. Mikayla has... ”
“ I have had a wonderful experience at Dynamic Physiotherapy! Sandra, the receptionist, is welcoming and very efficient. Mikayla was amazing. She is very personable and knowledgeable. Mikayla has â“ magic fingersâ“ and helped me feel so much better in just a few visits. I would highly recommend Dynamic Physiotherapy! ”
Sandi L

“ I don't know what I would do without the treatments from Steve and his staff! They are very accommodating, knowledgeable and very willing to spend time with their patients to support healing. LOVE... ”
“ I don't know what I would do without the treatments from Steve and his staff! They are very accommodating, knowledgeable and very willing to spend time with their patients to support healing. LOVE this place! Thank you for all you do. ”
Karen M

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