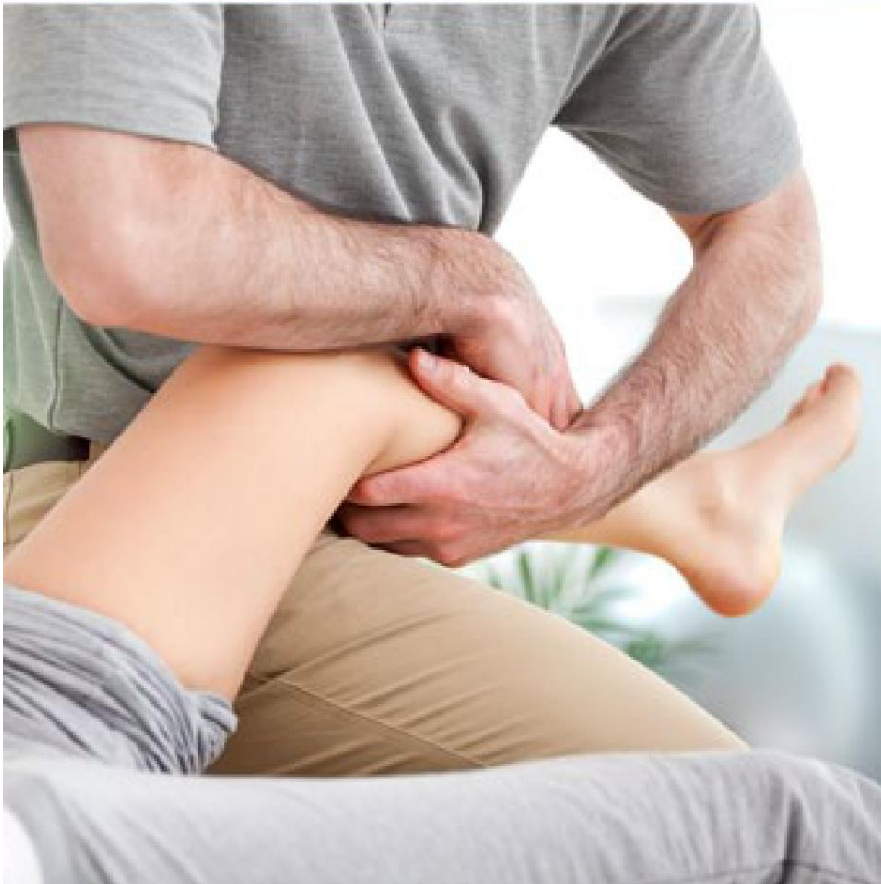




Chiropractic Care for Knee Pain



Overview

If you have knee pain, you know how much it can affect your daily life. A painful knee can keep you from being active. But finding the cause of your pain can be tough, because many problems can trigger it. A chiropractor can find out why your knee hurts and can help it feel better.

Exam

Chiropractic care begins with an exam. This lets your chiropractor see how you stand and move. Your chiropractor looks at your spine to make sure it is distributing your weight evenly. X-rays can help show a spinal misalignment or another problem causing your pain or making it worse.

Care and Management

Chiropractic adjustments and exercises may make your knee feel better. Orthotic devices or other options may also help. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for your needs.