

The only animal with four knees is the elephant.

Knee pain which follows a trauma should be evaluated at the earliest convenience by a scan or other test to determine the extent, if any, of structural damage before any rehabilitation or returning to any activity which could jeopardize the knee.

Good news: SLM treatments for a knee that has sustained trauma with resulting pain will not negatively effect structural damage should any exist. It will relief some of the pain associated with the damage. If after a treatment, there is any swelling, it COULD indicate structural damage and testing for damage should then be done.

When minor surgery is performed on a knee, often some muscles which operate the knee, become flaccid. The knee will swell when exercise is attempted. More **good news:** In most cases SLM treatments improving blood flow and tone to the affected muscles will allow the knee to be exercised without the swelling, resulting in quicker rehabilitation.

There are four general locations for knee pain, "lateral" (outside of knee), "medial" (inside of knee), "above the knee cap" and "below the knee cap". SLM treatments for each of these varies somewhat. As long as one does their part along with the work of the therapist, knee pain can be successfully treated.

Got your Christmas shopping all done? Click on [this link](#) and you will be able to email someone you care about a gift certificate for a relaxation or deep tissue massage. Massage is a caring gift that will improve a person's quality of life.